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finland for the seventh consecutive year finland is the world s happiest country according to the 2024 world happiness report pictured helsinki cathedral in finland s capital city finland is ranked as the happiest country in the world in 2021 with denmark and switzerland following closely behind since 2002 the world happiness report has used statistical analysis to determine the world s happiest countries in its 2021 update the report concluded that finland is the happiest country in the world as of march 2024 finland has been ranked the happiest country in the world seven times in a row 3 4 5 6 7 since 2024 the report has been published under a partnership between gallup the wellbeing research centre at the university of oxford and the un sustainable development solutions network 8 on a 10 point scale finland s average life evaluation ranks it as the happiest country in the world afghanistan ranks as the least happy country in the world with a life evaluation according to the 2024 world happiness report finland is the happiest country in the world for the seventh year in a row it s followed by denmark iceland sweden israel and the netherlands in the annual survey released on wednesday march 20 2024 that ranks countries by how happy their citizens perceive themselves to be in this issue of the world happiness report we focus on the happiness of people at different stages of life in the seven ages of man in shakespeare s as you like it the later stages of life are portrayed as deeply depressing but happiness research shows a more nuanced picture and one that is changing over time the life evaluations from the gallup world poll provide the basis for the annual happiness rankings that have always spurred widespread interest readers may be drawn in by wanting to know how their nation is faring but soon become curious about the secrets of life in the happiest countries finland leads the ranking of the world s happiest countries for the sixth year in a row according to the 2023 world happiness report released on monday while its score 7 80 is significantly published march 20 2020 updated april 20 2021 it might seem an odd time to release a report ranking which countries are happiest after all who can really be happy during a global pandemic forbes ranked the 20 happiest countries in the world in 2024 by lara begley bloom this year s list is similar to past rankings in 2022 2021 2020 and 2019 with many of the same nordic introduction about 4 2 billion people more than half of the world s population 55 3 per cent are living in urban areas today by 2045 this figure is estimated to increase by 1 5 times to more than six billion 1 there were 371 cities with more than one million inhabitants at the turn of the century in 2000 the new york times the bright side the finnish secret to happiness knowing when you have enough the nordic nation has been ranked the happiest country on earth for six consecutive years longevity researcher dan buettner has spent 20 years studying the world s happiest and longest living people here are the 15 metrics they all share that help them live happy fulfilling lives to identify the happiest cities in america according to residents 24 7 wall street reviewed the happiness score of all 383 metro areas in the u s from digital health company sharecare s their latest ranking puts finland at the top of the list as the happiest country in the world let s see what other countries rank highly 10 australia has plenty of reasons to be happy the unemployment rate here is quite low with only 5 5 of the population being unemployed 1 they enjoy the moment it turns out that taking the time to smell the roses truly does enhance happiness in life when you enjoy the small moments good or bad you re more aware of what s happening around you 1 finland finland source freepik finland has been ranked the happiest country in the world for the seventh consecutive year the country provides a high quality of life for its citizens with its vast natural beauty strong social support systems low corruption and healthy work life balance to determine which states are the happiest in the united states wallethub looked at both internal and external factors in the form of different metrics in three categories emotional physical well being work environment community environment the categories are broken down into 31 metrics anthia cumming getty images by eric barker april 13 2014 12 01 am edt research has found about 9 zillion things you can do to increase happiness of course you re probably not doing any of

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