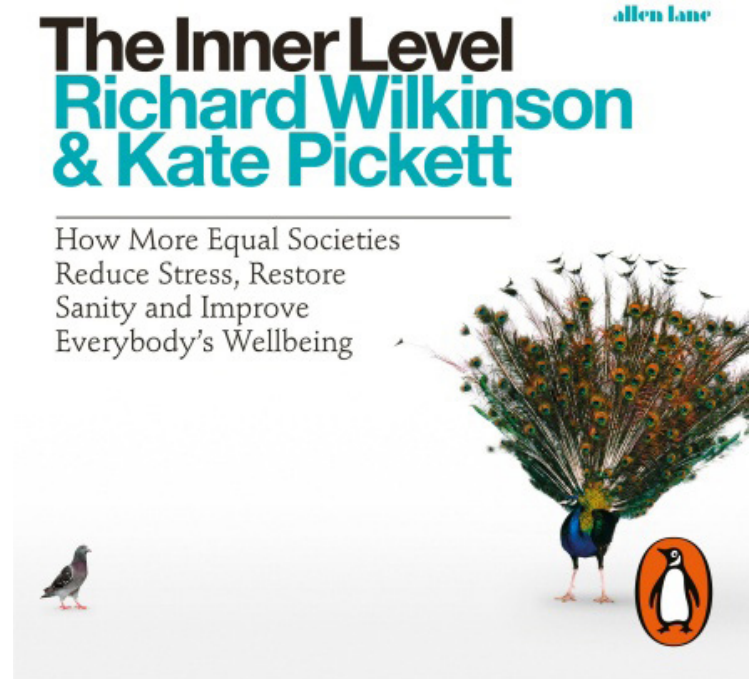


The Inner Level

Richard Wilkinson & Kate Pickett

How More Equal Societies Reduce Stress, Restore Sanity and Improve Everyone's Well-Being



In *The Inner Level*, Richard Wilkinson and Kate Pickett explain how inequality affects us individually, how it alters how we think, feel and behave. It sets out the overwhelming evidence that material inequalities have powerful psychological effects: when the gap between rich and poor increases, so does the tendency to define and value ourselves and others in terms of superiority and inferiority.

Wilkinson and Pickett describe how these responses to hierarchies evolved, and why the impacts of inequality on us are so severe. In doing so, they challenge the conception that humans are innately competitive and self-interested. They undermine, too, the idea that inequality is the product of 'natural' differences in individual ability. This book sheds new light on many of the most urgent problems facing societies today, but it is not just an index of our ills. It demonstrates that societies based on fundamental equalities, sharing and reciprocity generate much higher levels of well-being, and lays out the path towards them.

Thursday, January 24, 2019 | 5:30 to 7 PM

Center for Integrated Life Sciences and Engineering (CILSE), 610 Commonwealth Avenue



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