**About Inequality**

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The Spirit Level

Why is equality better for everyone?

*The Spirit Level: Why Equality is Better for Everyone* was published in 2009. Written by Kate Pickett and Richard Wilkinson, the book highlights the "pernicious effects that inequality has on societies: eroding trust, increasing anxiety and illness, (and) encouraging excessive consumption". It shows that for each of eleven different health and social problems: physical health, mental health, drug abuse, education, imprisonment, obesity, social mobility, trust and community life, violence, teenage pregnancies, and child well-being, outcomes are significantly worse in more unequal rich countries.

As of September 2012, the book had sold more than 150,000 copies in English. It is available in 23 foreign editions.

[**Frequently asked questions about the book.**](http://www.equalitytrust.org.uk/resources2/spirit-level/faqs/english)

**Health**

[Physical health](http://www.equalitytrust.org.uk/resources/spirit-level/physical-health)

[Mental health](http://www.equalitytrust.org.uk/resources/spirit-level/mental-health)

[Drug abuse](http://www.equalitytrust.org.uk/resources2/spirit-level/drug-abuse)

[Obesity](http://www.equalitytrust.org.uk/resources/spirit-level/obesity)

**Children and social mobility**

[Child well-being](http://www.equalitytrust.org.uk/resources2/spirit-level/child-well-being)

[Education](http://www.equalitytrust.org.uk/resources/spirit-level/education)

[Teenage births](http://www.equalitytrust.org.uk/resources/spirit-level/teenage-births)

[Social Mobility](http://www.equalitytrust.org.uk/resources/spirit-level/social-mobility)

**Sustainability and development**

[Global warming](http://www.equalitytrust.org.uk/resources2/spirit-level/equality-and-global-warming)

[Foreign aid and global peace index](http://www.equalitytrust.org.uk/resources/spirit-level/rich-and-poor-countries)

**Crime**

[Imprisonment](http://www.equalitytrust.org.uk/resources/spirit-level/imprisonment)

[Violence](http://www.equalitytrust.org.uk/resources/spirit-level/violence)

 **To read more go to:**

 <http://www.equalitytrust.org.uk/about-inequality/spirit-level>