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DEBATING HAPPINESS IN COSTA RICA, DENMARK, AND SINGAPORE

[Date]

Debate Question

Assigned Reading: Happiest nations of the world have a high expectancy of life with a positive, healthy experience. What are the reasons behind it?

Assigned Reading: The Blue Zones of Happiness by Dan Buettner, pp. 49-107

Dan Buettner in his book The Blue Zones Of Happiness wrote about the reasons for happiness, and how to elongate the span of life up to 100 years. He discussed the happiest nations of the three continents such as; Costa Rica in North America, Denmark in Europe, and Singapore in Asia. These are the most prosperous nations for many reasons which will be discussed here. The author focused on what they drink, eat, and what physical exertion they do.

One common thing in these countries is their growing economy and high per capita income of the citizens. The life expectancy of citizens of these three countries is high. However, Costa Rica has more citizens with the age of 100 years. Even it is noted that most of the immigrants who visited these countries from some deprived countries reported that their happiness level has soared. The people of Costa Rica enjoys the happiness of daily life to the fullest, and they mitigate their stress and soar their pleasure. They fully enjoy their free time in their favorite leisure, and they also have a good work environment. While Denmark is a top-ranked country in Europe from last forty years consecutively. In Singapore, according to the study, most people are satisfied with their lives. Singapore is the top-ranked country of Aisa with highest life satisfaction level. Better health can be one of the primary reasons for a happy life (Buettner, 2010, p.107). The happiness level of these three nations was measured against a specific standard such as; health and life expectancy, economic growth, strong social and family relations, trust, freedom of expressions and living. These countries are the most secure countries, and people are feeling confident about their lives and their properties. According to the author, the happiness is correlated to the proper diet and spend definite time with family. The life expectancy increase by intake of more water, and light food, that also keep a person healthy and happy.

Total Words Count: 365

# Works Cited

Buettner, Dan. *Thrive: Finding happiness the blue zones way*. National Geographic Books, 2010.