

# Can Money Buy Us Happiness?

March 10, 2015

## ***U.S. News & World Report:***

Money can't buy you happiness, goes the generally accepted wisdom that was probably made up by someone poor, who wanted to bring his rich friends down a few notches. Some scientific studies have agreed with that sentiment, while others have concluded that, yes, being rich helps with being happy. In any case, if you want to crack open your wallet and try to buy some happiness, there are some purchases that may lift your spirits (at least for a while).

Buy experiences, not things. Several studies in recent years, including a report published last year in the journal *Psychological Science*, have shown that buying experiences – like going on a skiing trip or taking an art class – makes us happier than material goods. Part of that is due to the anticipation of an experience, the study suggests, which is apparently more exciting than when you're waiting to buy merchandise like laptops and clothes.

Read the whole story: [U.S. News & World Report](#)