

Why 'experience' shoppers are happier

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Minneapolis Post:

Next time you pull out your wallet to hand over some of your hard-earned money, you'd be wise to spend it on experiences rather than possessions. For as research on happiness and spending habits has demonstrated repeatedly in recent years, buying life experiences tends to make us happier than buying things.

What hasn't been as clear, however, is why some individuals are more likely to use their disposable income on, say, camping in the Boundary Waters or catching a show at the Jungle Theater than shopping at the Mall of America.

In fact, psychologists know very little about habitual "experiential shoppers." A recent study, however, appears to have unlocked some clues.

Read the whole story: [*Minneapolis Post*](#)