Location 229 – Society needs to move away from greed or excess toward a way of life more centered on values

On the page thereafter of 229 – Instead of a better society, the only thing almost everyone strives for is to better their own position – as individuals – within the existing society

Location 255 – Anti-social synonymous with broken society. Broken society was blamed on

Next page – Truth is that both the broken society and the broken economy resulted from the growth of inequality. Poor are fatter than rich. Measures of well-being and happiness ceased to rise with income growth. Increase in anxiety, depression, and other social problems did however.

Location 286 – Some societies not saying you are happy may be an admission of failure, while others claiming to be happy may sound smug.

Location 296 – Genuine Progress Indicator – Net benefits of growth after removing traffic congestion and pollution. Diminishing returns

Location 319 – Used to be the rich who were fat and poor who were skinny. Since the 1950s that has reversed and become more common with the poor

Location 370 – Economic growth and increases in average incomes have ceased to contribute much well-being in the rich countries. Health and social problems remain strongly associated with incomes

Location 387 – Look at figure

Location 388 – Gini Coefficient. 1 means that is one person has all the wealth, 0 if completely equal. Lower value the more equal. Most common between 0.3 and 0.5.

Location 397 – Robin hood index – What portion of a societies income would have to be taken from the rich and given to the poor to get complete equality.

Location 405 – Poor health and violence more common in unequal societies

Location ??? – The view that social problems are caused directly by poor material conditions such as bad housing, poor diets, lack of education opportunities and so on implies that the richer developed societies would do better than the others. However this is a long way from the truth: some of the richest societies do the worst.

Location 558 - The evidence shows that reducing inequality is the best way of improving the quality of the social environment, and so the real quality of life, for all of us.

Location 569 - inequality is the best way of doing both. And if, for instance, a country wants higher average levels of educational achievement among its school children, it must address the underlying inequality which creates a steeper social gradient in educational achievement.

Location 665 - People with insecure high self-esteem tend to be insensitive to others and to show an excessive preoccupation with themselves, with success, and with their image and appearance in the eyes of others. This unhealthy high self-esteem is often called ‘threatened egotism’, ‘insecure high self-esteem’, or ‘narcissism’.

Location 753 - People’s sense of identity used to be embedded in the community to which they belonged, in people’s real knowledge of each other, but now it is cast adrift in the anonymity of mass society. Familiar faces have been replaced by a constant flux of strangers. As a result, who we are, identity itself, is endlessly open to question.

Location 897 – In the USA, trust has fallen from a high of 60% in 1960 to a low of less than 40% by 2004. Does inequality create low levels of trust, or does mistrust create inequality.

Location 975 – The fairly wide scatter of points around the line of the graph shows that factors besides inequality affect women’s status. Nevertheless, there is a tendency that cannot be put down to chance, for fewer women to vote or hold political office, for women to earn less, and fewer women to complete college degrees in more unequal states.

Location 1017 – A million British children – one in ten between the ages of 5 and 16 - are estimated to be mentally ill. It has been suggested that in any secondary school with 1,000 students, 50 will be severely depressed, 100 will be distressed, 10-20 will be suffering from OCD and between 5-10 girls will have an eating disorder.

Location 1122 – Low position in the social status hierarchy is painful to most people, so it comes as no surprise to find out that the use of illegal drugs, such as cocaine, marijuana and heroin, is more common in more unequal societies.

Location 1132 – Within the United States, there is also a tendency for addiction to illegal drugs and deaths from drug overdose to be higher in more unequal states.

Location 1141 – They taught the monkeys that they could administer cocaine to themselves by pressing a level - they could take as much or as little as they liked. The results of this experiment were remarkable. … The dominant monkeys took much less cocaine than the subordinate monkeys. In effect, the subordinate monkeys were medicating themselves against the impact of their low social status.

Location 1166 – When infectious diseases lost their hold as the major causes of death, the industrialized world underwent a shift, known as the ‘epidemiological transition’, and chronic diseases, such as heart diseases and cancer, replaced infections as the major causes of death and poor health.

Location 1176 – Men in the lowest grade (messengers, doorkeepers, etc.) had a death rate three times higher than that of men in the highest grade (administrator).

Location 1176 – Women, have shown that low job status is not only related to a higher risk of heart disease: it is also related to some cancers, chronic lung disease, gastrointestinal disease, depression, suicide, sickness absence from work, back pain and self-reported health.

Location 1185 – Those in lower grades were indeed more likely to be obese, to smoke, to have higher blood pressure and to be less physically active but these risk factors explained only one-third of their increased risks of death from heart disease.

Location 1203 – Durkheim showed that the suicide rates of different countries and populations were related to how well people were integrated into society and whether or not societies were undergoing rapid change and turmoil.

Location 1203 – People with fewer friends were at higher risk of death. Having friends, being married, belonging to a religious group or other association and having people who will provide support, are all protective of health.

Location 1203 In a striking experiment, researchers have also shown that people with friends are less likely to catch a cold when given the same measured exposure to the cold virus – in fact the more friends they had, the more resistant they were. Experiments have also shown that physical wounds heal faster if people have good relationships with their intimate partners.

Location 1224 – They collected data on the murder rates for the 77 community areas of Chicago, and then they collected data on death rates for those same areas subtracting all of the deaths caused by homicide. When they put the two together they showed a remarkably close relationship, seen in Figure 6.1 – neighborhoods with high homicide rates were also neighborhoods where people were dying younger from other causes as well.

Location 1271 – In rich countries there is no relationship between the amount of health spending per person and life expectancy.

Location 1276 – Inequality is associated with lower life expectancy, higher rates of infant mortality, shorter height, poor self-reported health, low birthweight, AIDS and depression.

Thought – They say that inequality has to do with being fat, however it really has to do with highly taxed countries make it very hard for people to afford to eat out. It has very little to do with inequality, example: Lisa and her family can’t afford to eat at McD but can afford to make their own meals at home and stay skinny.

Location 1504 – In the USA and in Britain, female obesity in adolescence has been linked to lower earnings in adulthood. Although not limited to women, a recent survey of more than 2,000 Human Resource professionals found that 93% would favor a normal-weight job applicant over an equally qualified overweight candidate. Nearly 50% of these professionals felt that overweight people were less productive, almost 33% felt that obesity was a valid reason not to hire someone, and 40% felt that overweight people lacked self-discipline.

Location 1618 – Children are much more likely to drop out of high school in more unequal states.

Location 1627 – High school drop-out rates are higher in poor states, but poverty and inequality have independent effects. Poverty does not explain the inequality effect. No state has a poverty rate higher than 17% but drop-out rates are above 20% in 16 states and dropping out is not confined to the poor.

Location 1678 – In the United States, counties that had the largest increases in income inequality were the same counties that experienced the largest rise in divorce rates. Children living in low-income families experience more family conflict and disruption and are more likely to witness or experience violence, as well as to be living in more crowded, noisy and substandard housing.

Location 1704 – Disadvantaged children who have received high-quality early childhood education are less likely to need remedial education, less likely to become involved in crime, and they earn more as adults.

Location 1818 – Teenage birth rates are higher in communities that also have high divorce rates, low levels of trust and low social cohesion, high unemployment, poverty, and high crime rates.

Location 2053 – In Chapter 8 we mentioned a study which found that divorce rates are higher in more unequal American counties. In his book, *Life Without Father*, sociologist David Popenoe describes how 60% of America’s rapists, 72% of juvenile murders, and 70% of long-term prisoners grew up in fatherless homes.

Location 2062 – If the fathers engaged in anti-social behavior, then their children were at higher risk when they spent *more* time living with them.

Location 2457 – People can use markers of distinction and class, their ‘good taste’, to maintain their position, but throughout the social hierarchy people also use discrimination and downward prejudice to prevent those below them from improving their status. Despite the modern ideology of equality of opportunity, these matters of taste and class still keep people in their place – stopping them from believing they can better their position and sapping their confidence if they try.

Location 2466 – He found that different social class groups preferred different types of music; the lower social class groups preferred the catchy tune of the ‘Blue Danube’, while the upper classes expressed a preference for the more ‘difficult’ ‘Well-Tempered Clavier’. The upper classes preferred abstract art and experimental novels, while the lower classes liked representational pictures and a good plot. But if everybody starts to enjoy Bach and Picasso and James Joyce, then upper-class taste will shift to appreciate something new – elitism is maintained by shifting the boundaries.

Location 2483 – It is the calm pleasure with which you greet the news that the son of the woman you have just been introduced to is majoring in photojournalism at ASU while your own daughter is studying art history at Harvard. It’s a zero-sum game. Epstein goes on to point out that another day, at another stoplight, a Bentley will pull up next to your pathetic BMW, and you may be introduced to a woman whose son is studying classics at Oxford.

Location 2517 – When people react to a provocation from someone with higher status by redirecting their aggression on to someone of lower status, psychologists label it displaced aggression. Examples include: the man who is berated by his boss and comes home and shouts at his wife and children

Location 2546 – Studies in London, for example, have shown a higher incidence of schizophrenia among ethnic minorities living in neighborhoods with fewer people like themselves, and the same has been shown for suicide and self-harm.

Location 2581 – You can predict a country’s performance on one outcome from a knowledge of others. If – for instance – a country does badly on health, you can predict with some confidence that it will also imprison a larger proportion of its population, have more teenage pregnancies, lower literacy scores, more obesity, worse mental health, and so on.

Location 2626 – This leads us to another important point: greater equality can be gained either by using taxes and benefits to redistribute very unequal incomes or by greater equality in gross income before taxes and benefits, which leaves less need for redistribution.

Location 2657 – In the USA, state income inequality is closely related to the proportion of African-Americans in the state’s population. The states with wider income differences tend to be those with larger African-American populations. The same states also have worse outcomes – for instance for health – among both the black *and* the white population. The ethnic divide increases prejudice and so widens income differences. The result is that both communities suffer. Rather than whites enjoying greater privileges resulting from a larger and less well-paid black community, the consequence is that life expectancy is shorter among both black and white populations.

Location 2930 - As we saw in Chapter 6, friendship and involvement in social life are highly protective of good health, while low social status, or bigger status differences and more inequality, are harmful. Second, the two are again linked as they vary in societies. We saw in Chapter 4 that as inequality increases, sociability as measured by the strength of community life, how much people trust each other, and the frequency of violence, declines. They crop up together for a third time in people’s tendency to choose friends from among their near equals: larger differences in status or wealth create a social gulf between people.

Location 3022 - The chimpanzee resolves sexual issues (disputes) with power; the bonobo resolves power issues with sex.’