



If I get married,
will I be **happy**?



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Marriage is one of the best predictors of happiness!

- Married people report lower levels of depression and distress, and 40% say they are very happy with their lives, compared to about 25% in single people.
- Married people were half as likely to say they were unhappy with their lives.
- Sociology shows that its effects are powerful: Married adults have longer lives, less illness, greater happiness, and lower levels of depression and substance abuse than those who live together or are single.

In an uncertain world, the promise of permanence and a shared life create a rock-solid reality!



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