

# Unhealthy Societies: The Afflictions of Inequality

By Richard Wilkinson and Kate Pickett

**Inequality is a major threat to our health and well-being.** It is a root cause of poverty, social injustice, and environmental degradation. And it is a major contributor to a wide range of health problems, from heart disease and diabetes to mental illness and premature death.

In their groundbreaking book, *Unhealthy Societies: The Afflictions of Inequality*, Richard Wilkinson and Kate Pickett draw on cutting-edge research to reveal the devastating impact of inequality on our health and well-being. They show how inequality can lead to:



## Unhealthy Societies: The Afflictions of Inequality

by Richard G. Wilkinson

★★★★☆ 4.1 out of 5

Language : English  
File size : 1757 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 270 pages  
Screen Reader : Supported  
X-Ray for textbooks : Enabled  
Item Weight : 6.3 ounces



- **Increased risk of heart disease, stroke, and diabetes**

- **Higher rates of infant mortality and premature death**
- **Increased risk of mental illness, including depression and anxiety**
- **Lower life expectancy**

Wilkinson and Pickett also show how inequality can damage social cohesion and trust, and lead to increased crime and violence. They argue that inequality is not simply a moral issue, but a major public health problem.

*Unhealthy Societies* is a wake-up call for all of us. It is a powerful indictment of the inequality that is rampant in our societies, and a call to action for a more just and equitable world.

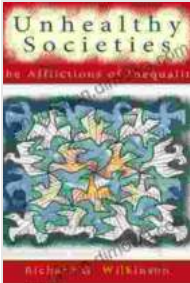
## **Reviews**

*"Unhealthy Societies is a groundbreaking book that has the potential to change the way we think about inequality. Wilkinson and Pickett present a compelling case that inequality is a major threat to our health and well-being, and they call for a more just and equitable world."* - **Danny Dorling, Professor of Geography, University of Oxford**

*"This is a powerful and important book that should be read by everyone who cares about the future of our societies. Wilkinson and Pickett provide a devastating indictment of the inequality that is rampant in our world, and they offer a compelling vision for a more just and equitable future."* - **Raj Patel, author of *Stuffed and Starved***

**Free Download Your Copy Today**

*Unhealthy Societies: The Afflictions of Inequality* is available now from all major booksellers. Free Download your copy today and learn more about the devastating impact of inequality on our health and well-being.

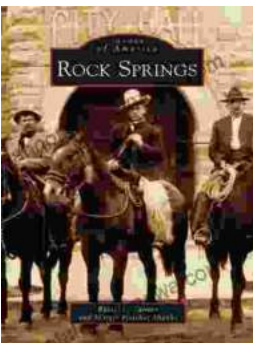


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