

FREE Event
25 October 2018
16:30 to 18:00
Mitchell Library Theatre

The Inner Level

Richard Wilkinson & Kate Pickett

How more equal societies
reduce stress, restore sanity and
improve everyone's wellbeing

We are delighted to host Kate Pickett and Richard Wilkinson who will present and discuss their new book *The Inner Level*. *The Inner Level* follows on from *The Spirit Level* (2009) which put inequality at the centre of public debate by showing conclusively that less-equal societies fare worse than more equal ones across everything from education to life expectancy. *The Inner Level* (2018) now explains how inequality affects us individually, how it alters how we think, feel and behave.

Kate and Richard have been consulted at local, national and international levels. And we hope that the insights into the book will provide a basis for the audience to consider how inequality and in particular health inequality can be tackled in Glasgow.

Booking

The event is free to attend and can be booked through Eventbrite [HERE](#). This is an open invitation to any individual or organisation interested in equality, health and wellbeing and social justice.

Further information

The Equality Trust works to improve the quality of life in the UK by reducing economic and social inequality. www.equalitytrust.org.uk

The *Spirit Level* and *The Inner Level* books are both published by Penguin Random House.

www.penguin.co.uk/books/188607/the-inner-level

www.penguin.co.uk/books/179241/the-spirit-level

Both books will be available on the night at our pop-up book shop by Waterstones.

Further details available from EqualityAndDiversity@glasgowlife.org.uk
or 0141 287 8951

