

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 Edinburgh.

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.

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

The event is supported by the NRS Mental Health Network & NHS Lothian alongside:



Mental Health
Foundation
Scotland



a sense of
belonging
arts
programme

 THE EQUALITY TRUST

Because more equal societies work better for everyone



Fri 26 Oct

5 - 7pm

Grassmarket
Community Project,
86 Candlemaker Row,
Edinburgh, EH1 2QA

[Book tickets here](#)