Giving is Good for You demonstrates that growing inequality and poverty is a threat to everyone – even the wealthy – and that the most unequal societies are the most dysfunctional, unhealthy and violent. The generous minority are urging their peers to follow suit, arguing that in addition to enhancing public benefit as public spending falls, giving can be personally fulfilling, particularly for those who realise that money is not the key to human happiness.

The author asks philanthropists, charities and those they support what should be done to encourage us to give more of our money and more of our time to good causes. The solutions they propose will challenge us all, but particularly the wealthy elite and the government.

THE ROYALTIES OF THE SALE OF THIS BOOK ARE BEING DONATED TO THE ROYAL COLLEGE OF MUSIC SCHOLARSHIP FUND AND INSIGHT RESEARCH FOR MENTAL HEALTH.