

ILONA SUOJANEN

Under Pressure to Be Happy

How Happiness Became a Requirement



About the author

Ilona Suojanen holds a PhD from the University of Edinburgh. Her research interests include happiness at work, happiness and security as well as sustainable happiness. She currently lives in England.

<http://ilonasuojanen.com/>
ilona.suojanen@gmail.com

“I feel pressure to build myself a happy personal brand.” – Julia, 29

“I would like to take a pill to make me happy all the time.” – Adam, 31

Happy people are seen as better employees, better coworkers and better citizens. Has happiness become a measure for success? Is projecting an image of happiness more important than authenticity?

Under Pressure to Be Happy explores how young professionals perceive happiness at work and in other areas of life. The author has interviewed people in the UK, the Netherlands and Finland, and she also shares some of her own experiences. Touching on the subject of Finland as the “happiest country in the world”, the book challenges the view that we make our own happiness – rather, the responsibility for happiness is shared between the individual, the community and the society.

Written in a relatable and highly readable style, the book is based on original research. It includes authentic photographs by the interviewees portraying moments of happiness at work.

Under Pressure to Be Happy is an enlightening and entertaining read for professionals as well as for anyone who is interested in deepening their understanding of happiness and well-being.

Gaudeamus 2021

Original title: *Onnellisuus paineen alla. Kun onnesta tuli pakko*
256 pages, softbound, ISBN 978-952-345-119-3

Foreign rights contact: Leena Kaakinen, publishing director
(leena.kaakinen@gaudeamus.fi, +35850 540 1303)