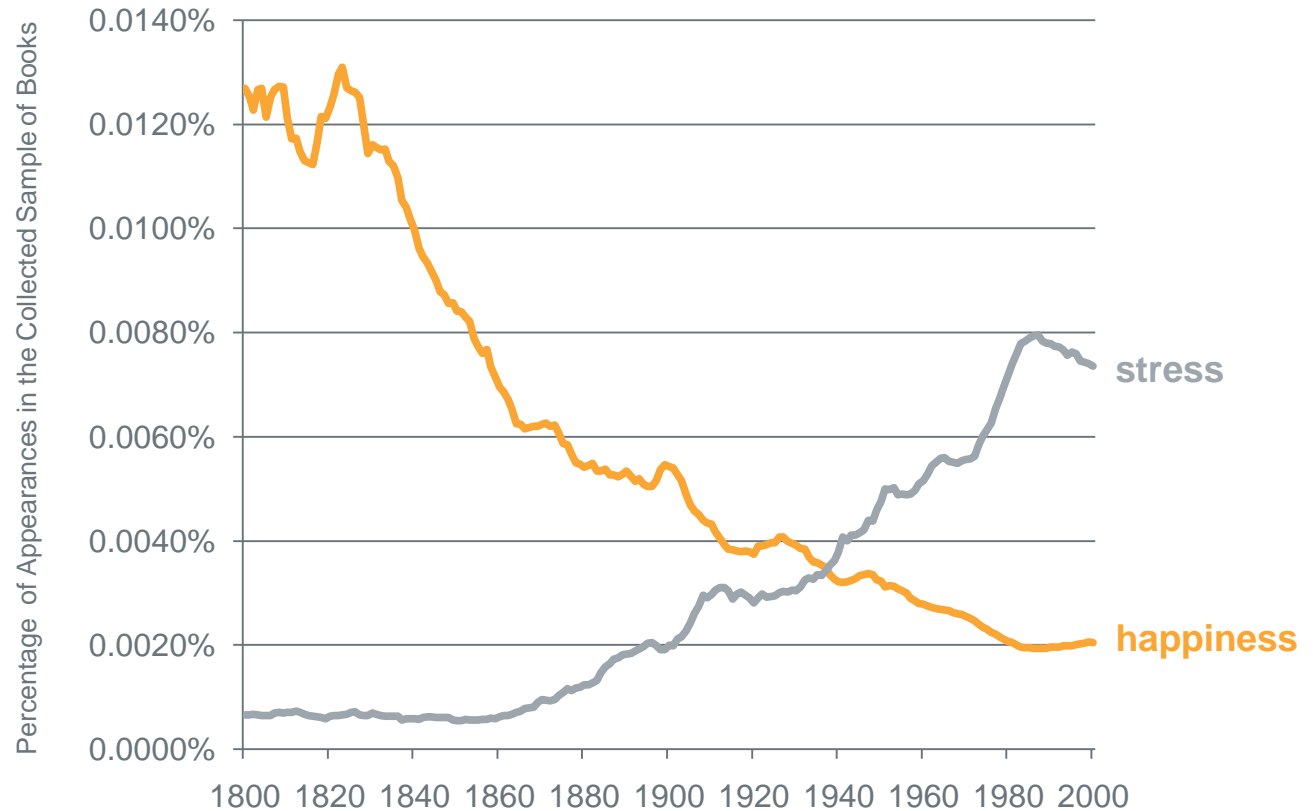


## Happiness vs. Stress

This chart displays the results of how frequently the words “happiness” and “stress” have appeared in a sample of books written in English and published in the United States over the period 1800–2000. Based on the criteria used, there has been a steady decrease in the use of the word “happiness” while appearances of the word “stress” began to rise and then equal “happiness” in 1937. Several decades of increased usage followed.



### About the Sample Set

Google Books Ngram Viewer was used to create this comparison. The Ngram Viewer displays graphical data based on the use of ngrams (words or phrases) as contained in Google's sample of books. To learn more about (or try out) the Google Books Ngram Viewer, see <https://books.google.com/ngrams>.



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