HUMAN FLOURISHING

PROGRAM

at Harvard University’s Institute for Quantitative Social Science
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Dear Friends,

The Human Flourishing Program is an academic program located within the Institute for Quantitative Social Science at Harvard University. We hope to conduct research that brings new knowledge and understanding to the academic community and the public at large on questions related to how we flourish as human beings.

Our program is officially part of Harvard’s Faculty of Arts and Sciences and located in the heart of Cambridge. This makes us well positioned to achieve our dual objective. Our hope is not only to influence the lives of students and faculty at Harvard, but also to contribute to the larger academic community, our country, and our world through our interdisciplinary research on this important topic.

We have already made great progress in our study of flourishing, and our work has started to have an influence both at Harvard and abroad. In the pages that follow, we are excited to introduce you to our program, its work, and the individuals that make it possible.

Sincerely,

Tyler J. VanderWeele
Program Director

John L. Loeb and Frances Lehman Loeb Professor of Epidemiology,
Harvard University
The Human Flourishing Program aims to contribute to, bring together, and disseminate knowledge from various academic fields on topics fundamental to human flourishing and to develop and implement systematic approaches to the synthesis of knowledge across disciplines.

The concept of human flourishing traces its Western origins to Aristotle, who thought that *eudaimonia* (flourishing) was the goal of human life. His ideas were integrated into the Christian tradition by Thomas Aquinas, and since then, the concept of flourishing – both what it is and how we achieve it – has been the topic of much debate in philosophy and theology.

Empirical science, however, has only more recently begun to study these same questions using its own tools and methods. For example, the question of what drives happiness or meaning and purpose in life is starting to be addressed – though in limited ways – by fields as diverse as sociology, political science, economics, and medicine.

Unfortunately, the empirical work in these disciplines often ignores the historical roots of these questions, and many studies and the methods they employ lack empirical rigor. The Human Flourishing Program is unique both in its attempt to bring these disciplines together and in its use of the most rigorous empirical methods to pursue these questions.
“THE HUMAN FLOURISHING PROGRAM IS UNIQUE BOTH IN ITS ATTEMPT TO BRING VARIOUS DISCIPLINES TOGETHER AND IN ITS USE OF THE MOST RIGOROUS EMPIRICAL METHODS TO PURSUE THESE QUESTIONS”
The modern research university functions in siloed academic departments, where researchers sub-specialize into very narrow fields of research. Faculty are incentivized to publish in the leading journals of their fields, which are also narrowly focused. This specialization is not a bad thing; it has led to many of our most important scientific achievements. But it also has drawbacks, especially when bigger, more holistic life questions are at stake.

For example, ask most scientists about the factors that contribute to public health. Chances are you’ll hear plenty about topics like quitting smoking, eating a healthy diet, and exercise, but one item that probably won’t come up is going to church.

However, our research suggests that regular attendance of religious services can have profound impacts on both physical and mental health.

In fact, that was one of the results that set Program Director Tyler VanderWeele on a path to founding the program. He wanted to explore a number of questions that aren’t often contemplated by empirical scientists.

“This research got me thinking,” states VanderWeele. “We don’t talk about religion very much in public health, but there are other things that shape public health outcomes that we don’t talk very much about either,” he said. “That interest led to work on parenting practices and subsequent health and well-being and work on forgiveness.”

“I had been thinking about these questions of human flourishing and hadn’t pondered them over the years but hadn’t pursued them in a substantial way, but as I started to think about it, there are outcomes that we don’t often think about as an academic community. We study health a great deal, but people don’t just care about health; they also care about happiness, life satisfaction, having meaning or purpose in life, being a good person, and having positive relationships, but we don’t study these things empirically very much. That’s what led to this idea of trying to pursue research on flourishing broadly construed.”

Pursuing questions of human flourishing can’t be done well in a hyper-specialized way. Professor VanderWeele recognized that his empirical efforts would need to be informed by a deep conceptual understanding of the human person. The program was thus founded with the goal of fusing empirical, data-driven approaches with deep philosophical and theological understandings of the good life. That’s also why VanderWeele’s first hire was a philosopher.

“What’s exciting about the program is the scope and ambition of it,” Senior Philosopher Jeffrey Hanson said. “The vision of it being a two-way street, where philosophy and theology can contribute clarification and conceptual depth where it might be lacking is important. I like to think that philosophy can contribute by challenging the quality of the way the questions get asked and the depth with which they get asked, because there are conceptual resources and there are distinctions that can be made, and have been made, in these conversations that would be relevant... when we go out and try to assess things in the social sciences.”

Just as important, the program’s
collaborations can run in the other direction as well.

“If indeed we can craft measures in social science that are a little more ambitious... then I think we can put some of those philosophical theories to the test,” said Hanson. “Philosophers may resist that, but we’re trying to balance both sides of this, because it’s very hard to be an expert in both. But by putting together the team we have, we have a better shot at drawing on the strengths of both.”

The program’s team has thus been composed in such a way as to bring together a diverse set of perspectives, and the team works collaboratively on its various research projects.

“We are still in the early stages, but we do see our program beginning to bridge the gaps between these traditionally siloed academic boundaries. I am very hopeful about the future.”

— Tyler VanderWeele
OUR RESEARCH

The program organizes its research projects into six major themes, which it believes are essential aspects of a flourishing human life. Research projects operating within each theme are then led by various faculty members, research associates, and faculty affiliates.

🌿 Promotion of Flourishing

The flourishing project aims to encourage the measurement and tracking of various aspects of flourishing in workplace, medical, educational, and governmental settings. As part of this project, we have developed a new measure of human flourishing that considers happiness and life satisfaction, mental and physical health, meaning and purpose, character and virtue, and close social relationships as important aspects of flourishing.

🏡 Religious Communities

The program sponsors research projects that investigate the role that religious communities play in public health, medicine, and human flourishing. These projects include original empirical research on how religious communities affect various aspects of flourishing, such as health, happiness, meaning and purpose, and close social relationships.

Although numerous studies have suggested that participation in religious communities has a beneficial association with a variety of health outcomes, much of the empirical research relating religious participation to health outcomes is problematic because of the issue of “reverse causation” - the possibility that attending religious services might be associated with health only because it is only those who are healthy who can attend.

Rigorous designs with longitudinal data over time are necessary to control for this possibility, and our own empirical research and also our research synthesis summary have restricted attention to those studies with such rigorous designs.
Work & Well-Being

The work and well-being research theme currently encompasses three ongoing projects. The first project studies how work and workplace policies contribute to flourishing and how individual flourishing in turn affects work productivity, engagement, and turnover.

The second project is a collaboration between Aetna Inc., the Human Flourishing Program, and the Sustainability and Health Initiative for NetPositive Enterprise (SHINE) Program at the Harvard T.H. Chan School of Public Health to measure and study well-being and promote it within the Aetna employee population.

Finally, the program has sponsored research in the philosophy of work. In this project we organized the first comprehensive history of Western philosophical ideas about the meaning and nature of work.

Family & Marriage

The research theme focused on family and marriage aims to carry out original empirical research projects on marital and family stability and parenting in order to see how these relate to various outcomes for spouses and children. The project also aims to summarize the most rigorous research in this area that employs longitudinal designs to examine how decisions about marriage, divorce, parenting, and family structure relate to a variety of human flourishing outcomes.

Meaning & Purpose

The program presently has two research projects that are concerned with studying meaning and purpose in life. The first project seeks to understand the determinants that influence whether people have a strong sense of purpose in life. The second project attempts to develop a new measurement for the empirical study of meaning in and of life. This project brings insights and distinctions from the philosophical literature on meaning in life to bear on the difficult empirical question of how to measure the meaning (or lack of meaning) people experience in their lives.

Character & Formation

The program strongly believes that character is an important component of a flourishing human life. Presently the program is sponsoring a project on the role of forgiveness in health and well-being in order to promote forgiveness as a public health issue. A second project investigates the connection between philosophical issues in virtue and character studies and ongoing empirical research related to virtue.
The Human Flourishing Program has developed a measurement approach to human flourishing, based around five central domains:

(i) happiness and life satisfaction  
(ii) mental and physical health  
(iii) meaning and purpose  
(iv) character and virtue  
(v) close social relationships

The “Flourish” measure consists of two questions or items from each of the five domains.

Program Director Tyler VanderWeele explains:

“Our argument is not that these domains are what the whole of what flourishing is, but that however else flourishing might be conceived, almost everyone would say it includes these five domains of life as well. In and of themselves, they are pretty much universally desired, and each constitutes its own end, so we think these five domains can provide some common ground on what to study.”

The measure and its conceptual motivation were put forward in a 2017 paper, “On the Promotion of Human Flourishing,” by Professor VanderWeele in the Proceedings of the National Academy of Sciences.

VanderWeele and colleagues at Harvard’s SHINE program have conducted studies using his five-dimension flourishing measure in countries as varied as the U.S.A., Mexico, Sri Lanka, and China, as well as at large corporations like Levi Strauss & Co. and Owens Corning. The program has also partnered with Aetna on a multi-year project in which the company will gather data that will be analyzed by researchers affiliated with the program (see next page).

The goal of the Flourish measure isn’t simply to measure whether people think happiness or meaning is important to living a good life but to uncover - just as VanderWeele has done with attending religious services and physical and mental health - those factors that might be determinants of either positive or negative outcomes.
In the fall of 2017, the Human Flourishing Program entered into a multi-year research collaboration with Aetna Inc. to expand and develop the program’s Flourish measure and to track and promote well-being among Aetna’s employees.

The project consists of four major work areas:

(i) the development by Harvard faculty of a well-being metric for use in the Aetna employee population;

(ii) the measurement and tracking over time of well-being measures for the Aetna employee population;

(iii) the use of this data for research purposes to understand both the life and work determinants of well-being; and

(iv) to gain insight into the effectiveness of interventions and services that can help improve human flourishing.

The study began with a pilot group of select Aetna employees and is scheduled to be rolled out to the entire employee base in 2019. Empirical Research Director Matthew Lee remarked that, once completed, “This could be one of the most important well-being datasets in the world.”
In September 2018, the Human Flourishing Program published a scientific study that followed 5,000 children over eight years into early adulthood. The results were impressive. We found that religious service attendance and prayer in childhood improves flourishing in early adult life by protecting against substance abuse (33%), depression (12%), and sexual risk-taking (30%).

Furthermore, these practices contributed to increased volunteerism (38%), forgiveness (87%), having a greater sense of mission and purpose (47%), and higher average levels of happiness (18%).

The study has important implications for parents, policymakers, and public health officials, and we did not lose sight of this fact. We worked with the media to disseminate the results. The story was picked up by Forbes, Today.com, U.S. News and World Report, and over 50 other media outlets.

**Children who were raised in a religious or spiritual environment subsequently were better protected from the “big three” dangers of adolescence:**

**DEPRESSION**
- 18% More likely to report high levels of happiness

**SUBSTANCE ABUSE**
- 87% More likely to have high levels of forgiveness

**RISKY BEHAVIORS**
- 38% More likely to volunteer in their community
- 47% More likely to have a sense of a mission and purpose
Parental warmth in childhood may help promote human flourishing in mid-life. Our findings strengthen the call for public health officials to give more focus to the importance of parenting practices, and it further shows the value of developing robust policy strategies to help parents provide warm, caring environments for their children.
WORK THAT MATTERS

Part of the program’s mission is to disseminate knowledge to the larger academic community and the public at large. We therefore work to translate the results of our findings into formats that are accessible to multiple audiences. As just one example, we estimate the reach of the religious attendance study (see page 12) to be between 600,000 and 700,000 page views. This included a cover page story on the print edition of the Atlanta Journal Constitution’s Sunday lifestyle section, which alone circulated to 250,000 people. Reporters from NBC, Forbes, and Today.com also published online articles that featured our research findings.

We’re also on Twitter (@HFHarvard). Tweets about the religious upbringing study went viral - to around 3.1 million followers. This included retweets by New York Times opinion columnist Nicholas Kristof and actress Ashley Judd. Finally, we know that the academic article itself has been viewed over 31,000 times and was the most widely viewed article in the American Journal of Epidemiology for four straight weeks after its publication.

Our work does not sit around in desk drawers. We want to impact the world with research that helps individuals and policymakers make good decisions based on the latest scientific data on human flourishing.

More media coverage can be found at: hfh.fas.harvard.edu/media-coverage
### OUR STUDIES ON...

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...have impacted both the academic community and the general public and been featured in...

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COURSES

The Human Flourishing Program educates students at Harvard University through for-credit courses that it offers each academic year. The goal of these courses is to expose students to subjects and areas of inquiry they might not otherwise encounter and to further disseminate the program’s research to positively impact the university.

The program offers graduate and undergraduate courses in the Harvard T.H. Chan School of Public Health and in the Faculty of Arts and Sciences.

Courses Offered in 2019

EPI 230: Religion, Well-Being, and Public Health
Over the past three decades, the research literature documenting the relationship between religion and health has grown dramatically. Religious participation has been shown to have protective effects on all-cause mortality, mental health, cardiovascular health, cancer survival, and many other health outcomes. This course reviews this research, discusses some of the measurement and methodological challenges it faces, and explores religion as it relates to public health. Specific topics include religious participation and longevity, religion and mental health, religious communities and health, and religion and spirituality in end-of-life care. Attention is given throughout to questions of measurement, study design, and methodology and to the challenges in conducting rigorous research in this area.

PHI 175W: The Wisdom of Work
Human beings spend much of their waking lives at work. Yet we rarely reflect on what work even is or what role it can or should play in a fulfilling existence. Since technological and economic changes point to a future with radically different possibilities for work, questions related to the meaning of labor are even more important. Does work have a place in a philosophically and spiritually informed life? How does work relate to its ostensible opposite, leisure? Does work contribute to or distract from the highest human purposes? This course considers contemporary questions like these in light of the tradition of Western philosophical reflection. Readings are selected from Plato, Aristotle, Augustine, and Aquinas and from modern thinkers as diverse as Martin Luther, John Locke, Karl Marx, Simone Weil, and Hannah Arendt.
SUMMER SEMINARS

Each summer students from around the country are invited to participate in the Human Flourishing Program’s summer seminars. The week-long intensive format allows students to engage deeply with questions of human flourishing. Seminar topics vary and usually coincide with the program’s current research projects.

PAST SEMINARS

“Religion in the Social Sciences” (2016)
“Religion and Human Well-Being” (2017)
“Kierkegaard and the Happy Life” (2017)
“Virtues, Vices, and Situations” (2018)
As part of its mission, the Human Flourishing Program hosts annual conferences and workshops that bring together scholars in the humanities and social sciences to integrate knowledge on topics central to human flourishing. Conference topics are selected based on the current research interests of the program.

WORKSHOPS & CONFERENCES

PAST EVENTS

Meaning of Life Conference (2019)
Religion & Human Flourishing Symposium (2018)
Conference on Suffering (2017)
Religion & Health Symposium (2016)


In April of 2018, the Human Flourishing Program co-hosted an interdisciplinary workshop on well-being and measurement with the Center for Health and Happiness at the Harvard T.H. Chan School of Public Health. Rather than focusing on the eudaimonic vs. hedonic measurement debates of the past, the conference participants focused principally on how best to provide thoughtful guidance on ways that approaches to measurement might vary by context: e.g., government surveys vs. psychology well-being studies vs. an employer vs. large public health cohorts. Participants also discussed how to make progress in knowledge in the face of the proliferation of measures. In addition to sessions being led by leading psychologists, sociologists, and public health researchers, the conference included panels led by philosophers and theologians on the ways that perspectives from these disciplines can inform well-being measurement.
We have a lot of ambitious projects, and our team is uniquely qualified for the task. We collectively hold advanced degrees in Philosophy, Theology, Religion, Sociology, Biostatistics, Epidemiology, Behavioral Science, Business, Finance, and Economics from a diverse set of highly regarded universities and seminaries that include Oxford, Cambridge, Harvard, Pennsylvania, Indiana, Delaware, Wake Forest, Fordham, Baylor, and Trinity, among others.

TYLER J. VANDERWEELE
Program Director

Tyler J. VanderWeele, Ph.D., is the John L. Loeb and Frances Lehman Loeb Professor of Epidemiology in the Departments of Epidemiology and Biostatistics at the Harvard T.H. Chan School of Public Health, Co-Director of the Initiative on Health, Religion and Spirituality, faculty affiliate of the Harvard Institute for Quantitative Social Science, and Director of the Human Flourishing Program at Harvard University. He holds degrees from the University of Oxford, University of Pennsylvania, and Harvard University in mathematics, philosophy, theology, finance and applied economics, and biostatistics. His research concerns methodology for distinguishing between association and causation in observational studies, and his empirical research spans psychiatric, perinatal, and social epidemiology; the science of happiness and flourishing; and the study of religion and health, including both religion and population health and the role of religion and spirituality in end-of-life care. He is the recipient of the 2017 Presidents’ Award from the Committee of Presidents of Statistical Societies. He has published over 250 papers in peer-reviewed journals and is author of the book *Explanation in Causal Inference*, published by Oxford University Press. At the Human Flourishing Program Professor VanderWeele is leading projects on flourishing, on religious communities, and on marriage and family.
Ying Chen, Sc.D., serves as an empirical Research Scientist for the program. She completed her postdoctoral fellowship in the Department of Epidemiology at the Harvard T.H. Chan School of Public Health, where she also obtained her doctorate in 2016 in the Department of Social and Behavioral Sciences. Her research concerns identifying positive psychosocial factors that help individuals to attain and maintain health. She is particularly interested in studying health assets within the family for improving offspring health. For instance, she has examined whether greater parental warmth may help offspring maintain positive mental health as characterized by flourishing in later life. She has also investigated the association of parenting styles and parents’ marital stability with offspring’s body weight trajectories. Her other work and interests include a) social disparity in the distribution of mental and psychological well-being; b) the biological and behavioral mechanisms linking childhood familial experiences to health in adulthood; c) the association of religious service attendance, forgiveness, and sense of mission with mental and physical health in later life.

Matthew F. Wilson
Associate Director

Matthew F. Wilson, Ph.D., serves as Associate Director of the program. In addition to his research agenda, Matthew is responsible for many of the program’s administrative and operational functions. Prior to receiving a Ph.D. in Philosophy from Baylor University, Matthew led a successful corporate career where he held various roles in finance, marketing, and product management. He holds an M.B.A. in Marketing from Indiana University, a B.A. in Economics from Wake Forest University, and a M.A. in Philosophy of Religion from Trinity Evangelical Divinity School. His dissertation, “The Virtue of Taking Ownership,” is an exploration of a virtue, hitherto unidentified by virtue ethicists, governing the proper mode of engagement in discrete projects, particularly multi-party projects. It is a work of practical moral philosophy, incorporating recent work from the philosophy of emotions, moral psychology, and contemporary virtue ethics.
OUR TEAM

JEFFREY HANSON
Senior Philosopher

Jeffrey Hanson, Ph.D., is a Senior Philosopher for the program. He received his Ph.D. from Fordham University in 2005. He was an Adjunct Assistant Professor of Philosophy at Boston College from 2005 to 2010. From 2010 to 2015 he was a Research Fellow at Australian Catholic University in Melbourne. He remains an Honorary Fellow of their Institute for Religion and Critical Inquiry. He is the editor of Kierkegaard as Phenomenologist: An Experiment (Northwestern University Press) and co-editor with Michael R. Kelly of Michel Henry: The Affects of Thought (Bloomsbury). His first monograph, Kierkegaard and the Life of Faith: The Aesthetic, the Ethical, and the Religious in "Fear and Trembling" was published by Indiana University Press in 2017. Dr. Hanson’s research focuses on issues in philosophy of religion, phenomenology, aesthetics, and ethics. His writings on Kierkegaard, French phenomenology of religion, and the arts are motivated by an ongoing interest in the practical value of philosophy for human flourishing.

MATTHEW T. LEE
Director of Empirical Research

Matthew T. Lee, Ph.D., is the program’s Director of Empirical Research. He received his Ph.D. in Sociology from the University of Delaware in 2000. He was a Professor and Chair of Sociology and an Interim Chair in Anthropology and Classical Studies at the University of Akron, with a secondary appointment in Criminal Justice Studies, in addition to serving as a Faculty Fellow in both the Center for Conflict Management and the Center for Experiential Learning. He was Chair of the American Sociological Association’s Section on Altruism, Morality, and Social Solidarity and President of the North Central Sociological Association. He is also a non-resident Research Fellow at Baylor University’s Institute for Studies of Religion. His current research explores pathways to human flourishing, benevolent service to others, and the integration of social science and the humanities.
The Human Flourishing Program brings together a network of scholars from around the world who conduct independent and collaborative research on questions central to human flourishing. There are multiple ways faculty members may become involved.

**Academic Advisory Council**
The program is in the process of forming an advisory council that will have a limited number of seats for faculty members who demonstrate a commitment to the program’s mission and research goals. Advisory council members take part in supervising the program’s academic integrity and in maintaining its academic independence.

**Affiliated Faculty**
The program collaborates with affiliated faculty at Harvard and other institutions on various projects related to human flourishing. The program’s research affiliates make up a valuable part of the program’s ongoing interdisciplinary dialogue.

**Visiting Faculty Fellows**
Faculty members on leave from their host institutions can find a home at Harvard to conduct independent work projects related to flourishing. The program offers research access to all of the academic resources that Harvard has to offer, in addition to providing a place for collaboration and ongoing discussion of their work in progress.

**Faculty Fellow (2018-2019)**

Sharon Krishek, Ph.D., is a visiting faculty fellow on leave from her post in the Philosophy Department of the Hebrew University of Jerusalem. Her research interests include issues in philosophy of religion, existentialism, and ethics. She is currently working on a book that examines Søren Kierkegaard’s view of love and its role within a flourishing human life. Her book aims to develop an independent model of love that builds on Kierkegaard’s insights but is not necessarily committed to his views. Specifically, she argues for an account of romantic love that is compatible with pivotal religious and moral concerns and yet does not compromise its central role in human life.
The work of our program is supported in part by research grants, including the five-year research collaboration that we have established with Aetna. But we simply could not exist without the generous support of private donors who sponsor the program and our work. Thus, we would be very grateful if you might consider joining our team.

If you would like to contribute to our work, please mail your donation to the address below and follow the instructions so that it is properly credited to the program account. Harvard alumni will receive class and campaign credit for all donations to the program. Checks are payable to “President and Fellows of Harvard College,” and in the memo line, please indicate:

Fund# 370-348954RG, 
Human Flourishing Program U-D Professor Tyler VanderWeele

Harvard University 
Alumni and Development Services 
124 Mount Auburn Street 
Cambridge, MA 02138

After mailing your check, please email our Associate Director at mfwilson@fas.harvard.edu so that he can follow up with the development office to ensure the check is received and properly credited to our program’s account. Instructions for wires or IRA giving can be found at: alumni.harvard.edu/giving
HUMAN FLOURISHING PROGRAM

Find out more about the work of the Human Flourishing Program at:

www.hfh.fas.harvard.edu

@HFHarvard
Founded in 2016, the Human Flourishing Program at Harvard’s Institute for Quantitative Social Science aims to contribute to, bring together, and disseminate knowledge from various academic fields on topics fundamental to human flourishing and to develop and implement systematic approaches to the synthesis of knowledge across disciplines. For more information, please visit the Human Flourishing Program’s website: www.hfh.fas.harvard.edu

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The Human Flourishing Program is a scientific program at Harvard University’s Institute for Quantitative Social Science.