Contents

	Acknowledgements	xi	
	Preface – Onnen maa (The land of happiness)	xv	
	List of tables and figures	xix	
	PART I: THE CONTEXT		
1	Geography and climate	5	
2	History amid empires	25	
3	Economy and welfare	45	
	PART II: SOCIAL POLICY		
4	Childhood and education	75	
5	Mid-life and equality	99	
6	Old age and health	129	
	PART III: THE FUTURE		
7	Politics and populism	161	
8	Demography and environment	193	
9	Success fatigue	219	
	Appendix: Finland among the best in the world	249	
	References	257	
	Index	289	