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Does Kindness Lead to Happiness? Voluntary Activities and Subjective Well-Being

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Highlights

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- This paper investigates empirically the effects of voluntary activities on subjective well-being;
- We show that volunteering significantly improves people's subjective well-being;
- The positive effects of volunteering are highly heterogeneous along the well-being distribution;
- We find evidence of complete subjective well-being adaptation one year after volunteering;
- We explore three channels through which volunteering affects subjective well-being.

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