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The November issue of National Geographic magazine is the first issue exclusively written and photographed by women. This latest issue of the magazine celebrates women around the world, highlighting female voices throughout history – women who fearlessly cross borders and inspire. In addition to the incredible photography for which National Geographic is famous, the historical issue offers a new insight into the lives of women around the world. Data from the Women, Peace and Security Index 2019-2020 provide an insight into the best and worst places to live as a woman today. The index measures the inclusion of women in society, their overall security, and their exposure to discrimination based on factors such as employment, education, financial access, community security, domestic violence, and law-based discrimination. Norway ranks first, the UK is seventh and Yemen last. We know that traveling makes us happy. But the elements that make a place happy are harder to understand. Every few months, different studies take this theme. They look at certain key categories – welfare, community, access to nature – to find places around the world that distort positives. Condé Nast Traveler even made his own Joy Index this year, balancing expert opinions and lifestyle factors (culture, connection, adventure, wonder) to compile a list of especially happy places. The most recent list is a National Geographic report on the Gallup-Sharecare Wellness Index, which consisted of 250,000 interviews to reach America's 25 happiest cities. The analysis takes into account metrics such as healthy eating, vacation time and civic engagement, to name a few. The results: Boulder, Colorado – with its united community, commitment to nature and 300 miles of bike lanes – ranked as the happiest city in the U.S. Boulder, you're more likely to hear a cyclist's whoosh than the shrill of a siren compared to places like Dallas, Tallahassee or Los Angeles, said author Dan Buettner. Colorado is an expected victory in many ways. In the sunny Centennial State, residents who cycle and ski on their lunch breaks are the source of jealousy of the city's residents. The state consistently slides to the top ten U.S. states for welfare. (Fort Collins and Colorado Springs were also the top destinations in the Gallup-Sharecare Wellness Index.) For tourists, Colorado's attraction is also strong: small mountain towns are flourishing, thanks to a boom in development and tourism due to marijuana legalization. At the top of Boulder, visit the historic ski town Telluride, in the shadow of 13,000 and 14,000-foot peaks (which ranked 7th in our Joy Index), and always popular Aspen, with easy access to Snowmass — the most accessible of the local mountains. California was another great The state's jig-worthy access to the sea and mountains (and perhaps its low rates of depression and high sports participation rates?) helped clear the rankings. Ranking. Santa Cruz, San Jose, Santa Barbara, Salinas, Ventura, San Diego and San Francisco are in the top 25. San Francisco is also one of the healthiest cities in the U.S., thanks to recent efforts to promote well-being. So there were some surprises for the data. Amid the Blue Hill mountains, Charlottesville, Virginia ranked 3rd (though in terms of small southern towns, Greenville and Asheville are our picks —and winners of our 2017 Readers' Choice Awards). And busy metropolises like Washington, D.C. (which ranked high) and the Stamford, Connecticut area, also topped the Gallup-Sharecare Wellness Index. In the report, Nat Geo found a strong correlation between water quality and happiness. This summer, we report why being near water makes us happier—and we learn that water quality, as well as water pollution, can impact happiness; so you can be near him. This may be partly why areas like Barnstable, Massachusetts with the wild Cape Cod National Seashore; various locations in Florida; Portland, Maine; Austin, Texas (with its natural pools); and Honolulu topped the Gallup-Sharecare Wellness Index. In Hawaii, it was the Big Island that made the cut for us in the Joy Index. (As for the Stamford-Norwalk ranking, residents will make a case for Compo Beach near Westport.) Packing for a permanent trip to these places is also not the only way to reap the benefits. George Stone, editor-in-chief of National Geographic Traveler magazine, said: Happy places for residents tend to be hospitable places for visitors. But remember, what makes the journey joyful —the psychology of fear or the physiology of adventure, for example—are as important as happy places. You can find more moments of joy no matter where you go. RD.COM Funny Humor Stories & Photos From the book Rarely Seen: Extraordinary Photographs of the Extraordinary Fem your eyes on the animals, objects, places and rarer events in these unusual and unforgettable images of the master photographers of the magazine 'National Geographic'. John Burcham flies through the air at Bonneville Salt Flats, Utah. Although we think of tumbleweeds as standard luminaires in any West, the plants are not native to the United States—they originated in the Eurasian steppes. Here are more breathtaking landscapes that will fill you with admiration. Nanut Bovorn Lanterns soar into the sky — and are also reflected below — as part of the Loy Krathong festival, which usually takes place at the end of the rainy season in Thailand. The lanterns are released to protect against bad luck. George Steinmetz A huge ice tower —just compare its size with the human standing on the right—releases gas and smoke from Antarctic Mount Erebus, which is a volcano. Check out these stunning photos of snow-covered sights. Cesare Naldi Rajan, an Asian elephant, poses your mahout or handler, in the ocean of the Andaman Islands. Rajan has already been used to trunks, but like many retirees, he now enjoys playing in the water. John Burcham At a nearly 4,000 feet tall, the glass-bottomed skywalk in the Grand Canyon on the western edge of the canyon offers views outside this world. Cyril Ruoso A pygmy hippo keeps his calf close in West Africa. An adult pygmy hippo weighs approximately between 350 and 600 kilos, not small but still 10 times smaller than a normal-sized hippopotamus. Peter Lourenco Purple's pink flowers flow from Japan's oldest wisteria tree, which dates from 1870 and is located in Ashikaga Flower Park in Tochigi. At his advanced age, he needs extra assistance so that the beams help support his many heavy branches. Here are more amazing photos of nature that seem too perfect to be real. All of these images are from the book Rarely Seen: Photographs of the Extraordinary, published by National Geographic. In it, you can see many more unusual sights, from 30,000-year-old paintings in a cave that was sealed to the public to the engraving inside President Abraham Lincoln's pocket watch. Disclosure: This post is brought to you by the editors of Reader's Digest, which aim to highlight products and services that you may find interesting. If you buy them, we can get a small portion of the revenue from our partners, such as the Amazon Services LLC Associates Program. We often receive free products from manufacturers to test. This does not lead to our decision on whether or not a product is presented or recommended. We welcome your feedback. Is there anything you think we should know? Send an email to . Originally published: February 26, 2018 National Geographic may not come to mind when you listen to Disney+. But the partnership between the two brings exciting programs like Brain Games and exclusive series like The World According to Jeff Goldblum for the Disney+ platform. The list below shows the top 15 National Geographic shows available on Disney+ with the highest average audience on IMDb. For each title, we also show the number of individual ratings that the program received in the service. More rankings usually mean a more reliable score. You can add these titles to your watch list as soon as you sign up. The cost of a Disney+ subscription is \$8.99/month. But you can save almost \$20 with an annual subscription, which costs \$89.99. Disney+ Subscribe to Disney+ to stream hundreds of movies and shows Watch new and classic movies from Disney, Pixar, Star Wars, Marvel, National Geographic and 21st Century Fox from a streaming service. 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