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Span; Part IV. Select Positive Emotions; 16. Finding Happiness: Tailoring Positive Activities for Optimal Well-Being Benefits; 17. Pride: The Fundamental Emotion of Success, Power, and Status; 18. Romantic Love; 19. Compassion; 20. Gratitude; 21. Transcending the Self: Awe, Elevation, and Inspiration; 22. The Challenge of Challenge: Pursuing Determination as an Emotion; 23. Hope Theory; Part V. Outcomes of Positive Emotions
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Sommario/riassunto

This authoritative handbook reviews the breadth of current knowledge about positive emotions: their nature, functions, and consequences for individuals and society. Specific emotions are analyzed in depth, including happiness, pride, romantic love, compassion, gratitude, awe, challenge, and hope. Major theoretical perspectives are presented and cutting-edge research methods explained. The volume addresses neurobiological and physiological aspects of positive emotions as well as their social and intrapersonal contexts. Implications for physical health, coping, and psychopathology are explored.
