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Autore	Anand Paul
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Nota di contenuto	1: The Need To Go Beyond GDP -- Limits of GDP as a Measure of Human Wellbeing -- Criteria for Indicators -- Identifying the Wellbeing Space -- 2: Human Flourishing -- Activity, Experience and Opportunity -- Measures of Experience -- Resources -- Skills -- Putting It All Together -- The Human Development Index -- 3: The Wellbeing Space-What It Is And How Are We Doing? -- What People Are Able To Do -- Work and Job Satisfaction -- Aspects of Family Life -- Social and Physical Environments -- Access to Services -- Health -- 4: Quality Of Life In Childhood And Older Age -- Early Child Development -- Parenting, Schooling, and Long-term Benefits -- Life Quality in Adolescence -- Wellbeing over 50 -- Older Age -- Autonomy at the End of Life -- 5: The Economics Of Happiness And Wellbeing -- Income and Happiness -- Employment Income and Health -- Relativities -- Economic Inequalities and Social Mobility -- A U-shaped Relation Between Life Satisfaction and Age -- Materialism -- 6: Psychological Motivation, Interactions, And Strategies -- Prosocial Behaviour -- Friendship -- Personality -- Absorption and Burnout -- Wellbeing Games -- Autonomy -- Physical Activity -- 66 Routes to Happiness -- 7: Fairness And Justice -- Philosophical Preliminaries -- Evidence From

The Ultimatum Game -- Fairness and Biology -- Procedural Justice, Equality of Opportunity, and the Experience of Discrimination -- 8: International And Policy Perspectives -- Bhutan and Gross National Happiness -- The Danes Have A Word For It -- National Wellbeing in the U.K. -- Australia -- Mexico -- The Better Life Index -- 9: Progress As Human Development -- Four Underlying Principles -- What Can Individuals Do For Themselves . . . -- . . . and What Might Societies Do To Help? -- Quality Of Life For All.

Sommario/riassunto

What is human happiness and how can we promote it? These questions are central to human existence and this book draws on scientific research from economics, psychology, and philosophy, as well as a range of other disciplines, to outline a new paradigm in which human flourishing plays a central role in the assessment of national and global progress.
