Record Nr. UNINA9910464487703321 The Oxford handbook of happiness / / edited by Susan A. David, Ilona **Titolo** Boniwell, Amanda Conley Ayers Pubbl/distr/stampa Oxford, England:,: Oxford University Press,, 2013 ©2013 **ISBN** 0-19-165018-8 0-19-175103-0 Descrizione fisica 1 online resource (1137 p.) Collana Oxford library of psychology Disciplina 152.42 Soggetti **Happiness** Joy Well-being Satisfaction Electronic books. Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references at the end of each chapters and indexes. Nota di contenuto Cover; Contents; List of Contributors; List of Abbreviations; 1. Introduction: SECTION I: PSYCHOLOGICAL APPROACHES TO HAPPINESS: 2. Introduction to Psychological Approaches to Happiness; 3. The Broaden-and-Build Theory of Positive Emotions: Form, Function, and Mechanisms; 4. The Endowment-Contrast Model: A Lens for Happiness Research; 5. Past, Present, and Future of Flow; 6. Emotionally Intelligent Happiness; 7. Religious Engagement and Well-being; 8. Positive Psychological Experiences and Psychopathology: A Self-Regulatory Perspective: 9. The Rewards of Happiness 10. Happiness Experienced: The Science of Subjective Wellbeing SECTION II: PSYCHOLOGICAL DEFINITIONS OF HAPPINESS; 11. Introduction to Psychological Definitions of Happiness; 12. Notions of the Good Life; 13. Subjective Well-being; 14. Measuring Happiness and Subjective Well-being: 15. Eudaimonia: 16. What Makes for a Life Well Lived? Autonomy and its Relation to Full Functioning and Organismic Wellness; 17. Functional Well-being: Happiness as Feelings,

Evaluations, and Functioning; SECTION III: PHILOSOPHICAL APPROACHES TO HAPPINESS; 18. Introduction to Philosophical Approaches to Happiness

19. The Pursuit of Happiness in History20. Happiness in Early Chinese Thought; 21. Continental Contributions to our Understanding of Happiness and Suffering; 22. The Seductions of Happiness; 23. The Nature and Significance of Happiness; 24. Philosophical Methods in Happiness Research; 25. Happiness and Its Opposites; SECTION IV: SPIRITUAL APPROACHES TO HAPPINESS; 26. Introduction to Spiritual Approaches to Happiness; 27. A Buddhist View of Happiness; 28. Relational Buddhism: An Integrative Psychology of Happiness amidst Existential Suffering

29. Well-being from the Hindu/Sanatana Dharma Perspective 30. Flourishing through Meditation and Mindfulness; 31. Heaven on Earth: Beneficial Effects of Sanctification for Individual and Interpersonal Wellbeing; 32. Quieting the Mind and Low Arousal Routes to Happiness; SECTION V: HAPPINESS AND SOCIETY; 33. Introduction to Happiness and Society; 34. Economics and the Study of Individual Happiness; 35. Comparing Well-being Across Nations: Conceptual and Empirical Issues; 36. The Geography of Happiness; 37. Well-being in Consumer Societies: 38. Well-being and Sustainable Development 39. Well-being and Public PolicySECTION VI: POSITIVE EDUCATION; 40. Introduction to Positive Education; 41. Education and Well-being; 42. Should Education Have Happiness Lessons?; 43. Well-being and Resilience in Education; 44. Happiness in the Classroom; 45. Applying Happiness and Well-being Research to the Teaching and Learning Process: 46. Resilience Education: 47. Teaching for Wisdom: 48. Going Beyond the Accidental: Happiness, Education, and the Wellington College Experience; 49. Positive Education at Geelong Grammar School; SECTION VII: HAPPINESS AND ORGANIZATIONS 50. An Introduction to Happiness and Organizations

Sommario/riassunto

A text for researchers and practitioners interested in human happiness. Its editors and chapter contributors are world leaders in the investigation of happiness across the fields of psychology, education, philosophy, social policy and economics.