

1. Record Nr.	UNINA9910512182303321
Autore	Ng Yew-Kwang
Titolo	Happiness—Concept, Measurement and Promotion / / by Yew-Kwang Ng
Pubbl/distr/stampa	Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2022
ISBN	981-334-972-7
Edizione	[1st ed. 2022.]
Descrizione fisica	1 online resource (188 pages) : illustrations
Classificazione	BUS030000PHI005000SOC026000
Disciplina	306
Soggetti	Well-being Quality of life Ethics Well-Being Quality of Life Research Moral Philosophy and Applied Ethics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	What is Happiness? Why is Happiness Important -- Happiness versus Preference -- Some Conceptual Mistakes about Happiness -- Happiness or Life Satisfaction -- Happiness as the Only Intrinsic Value -- The Measurement and Comparison of Happiness.
Sommario/riassunto	This open access book defines happiness intuitively and explores several common conceptual mistakes with regard to happiness. It then moves on to address topical issues including, but not limited to, whether money can buy you happiness, why happiness is ultimately the only thing of intrinsic value, and the various factors important for happiness. It also presents a more reliable and interpersonally comparable method for measuring happiness and discusses twelve factors, from A to L, that are crucial for individual happiness: attitude, balance, confidence, dignity, engagement, family/friends, gratitude, health, ideals, joyfulness, kindness and love. Further, it examines important public policy considerations, taking into account recent advances in economics, the environmental sciences, and happiness studies. Novel issues discussed include: an environmentally responsible happy nation index to supplement GDP, the East Asian happiness gap,

a case for stimulating pleasure centres of the brain, and an argument for higher public spending.
