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Nota di contenuto	<p>1. Contagious Laughter as an Innate Acoustic Stimulus That Provokes Positive Emotions and Affects - Possible Relationships of This Laughter with Happiness By Guillermo Arevalo-Pachon and Julio Eduardo Cruz --</p> <p>2. Healthy Mothers, Healthy Children: A Keystone for Happiness in Society By Eleni Hadjigeorgiou --</p> <p>3. The Well-Being in the Children and Adolescents with ADHD: Possible Influencing Factors and How to Improve It By Jenson Yin and Jie Luo --</p> <p>4. Well-Being and Happiness Feelings in Sports-Active and Sports-Inactive Adolescents By Janka Perackova and Pavol Peracek --</p> <p>5. Happiness at Work: A Psychological Perspective By Nishi Misra and Shobhna Srivastava --</p> <p>6. Values-Flow in Contextual Psychotherapy: The 'What', 'Why', and 'How' of Sustainable Values-Based Behaviour By Cedomir Ignjatovic, Margaret L. Kern and Lindsay G. Oades --</p> <p>7. Focusing on Gratitude: Implications for Mental Health By Mark S. Rye, Kristen R. Schiavo and Anna Tsaligopoulou --</p> <p>8. Enacting Happiness from Emotions and Moods By Eric Laurent, Kevin Bague, Colin Vegas and Jonathan Darteville --</p> <p>9. Predictors of Child Well-Being or What Makes Children Happy By Zhanna Bruk and Svetlana Ignatjeva --</p> <p>10. Nondual Well-Being - The Evolution of Happiness By Patrick Jones --</p> <p>11. Presence and Self-Learning: An Evolutionary Hypothesis By Fabio Vanni --</p> <p>12. Gratitude and Happiness: The Causes and Consequences of Gratitude By Philip C. Watkins, Michael Frederick and Alexander W. Dodson --</p> <p>13. Selected Well-Being Interventions for</p>

Hybrid-Working Employees By Christian Ehrlich, Giulia Rossetti, Robert van der Veen and Jeremy Zwiagelaar -- 14. Measuring Well-Being in School and University: Approaches and Challenges By Tatjana Kanonire, Alena Kulikova and Ekaterina Orel -- 15. Positive Psychology and Healthy Lifestyles for Health and Happiness By Liana Lianov -- 16. The Pursuit of Happiness: Cultural and Psychological Considerations By Vanda Vitali and John A. Moran -- 17. Subjective Well-Being at the Workplace as a Social Action: Opportunities for Management and Self-Management By Lyudmila Zakharova, Zaretkhan Saralieva and Irina Leonova -- 18. (Material) Well-Being in Economics: Beyond GDP By Marisol Manfredi -- 19. The Relationship between Fandom and Well-Being By Kei Aoki -- 20. Thanks for Asking! How UAE-Based University Students Conceptualize Happiness and How Institutions Can Improve It By Louise Lambert, Yasmeen Khadri, Suhina Mayet, Jessica Vedanayagam, Vaishnavi Varma and Kevin S. Kertechian -- 21. Understanding Happiness in the Pacific Islands: A Qualitative Study with University Staff in Fiji By Annie Crookes and Meg A. Warren -- 22. Factors Affecting the Happiness of Korean University Students By Soo-Koung Jun -- 23. Psychosocial Factors Associated with Happiness By Chloe R. Grabanski, Adedoyin Gloria Okanlawon, Raina V. Lamade and Katherine J. Goulden -- 24. Socio-Cultural Basis of Happiness: African Existential Perspective By Purissima Emelda Egbekpalu -- 25. The Spiritual Well-Being Scale (SWBS) as an Indicator of General Well-Being By Rodger K. Bufford, Jessica Cantley, Jaycee Hallford, Yadira Vega and Jessica Wilbur -- 26. Happiness, Value, and Organizational Toughness: Three Concepts in Search of a Theory By Celio A.A. Sousa and Joao M.S. Carvalho -- 27. Amartya Sen and the Capabilities versus Happiness Debate: An Aristotelian Perspective By Tony Burns -- 28. Identifying the Gaps between Biopsychosocial Research and Human Behavior: Implications for Happiness and Well-Being By Charlotte Shelton and Sarah Hon -- 29. A Path to Happiness By Sara Spowart.

Sommario/riassunto

This book is a collection of chapters on happiness and well-being. It includes contributions from scientists from all over the world, who present different, multifaceted, dialectically open perspectives and sensitivities regarding happiness. The authors discuss happiness and well-being from biological, biopsychosocial, anthropological, and philosophical points of view.
