

1. Record Nr.	UNINA9910736981703321
Autore	Chetri Saamdu
Titolo	Understanding Happiness : An Explorative View / / edited by Saamdu Chetri, Tanusree Dutta, Manas Kumar Mandal, Priyadarshi Patnaik
Pubbl/distr/stampa	Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2023
ISBN	9789819934935 9819934931
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (468 pages)
Altri autori (Persone)	DuttaTanusree MandalManas K PatnaikPriyadarshi
Disciplina	152.42
Soggetti	Positive psychology Quality of life Positive Psychology Quality of Life Research
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Money makes us happy or it doesn't -- Spirituality & Happiness: A Neuroscientific Perspective -- On happiness and beauty: A force field view -- Wellbeing in the built environment -- Ecology, wellbeing and community resilience: Lessons from Deltaic South Asia -- Happiness & choice: Do happy people make better decisions? -- Happiness and subjective well-being: Exploration of inherent linkages -- Impact of laughter on health, happiness and well-being -- Happiness and health: The intricate relationship -- Exploring individual happiness through first-person action research -- Experiencing others: The science of empathy -- Happiness: Perspectives from positive psychology -- Building personal resources for happiness -- Methodological issues in happiness measurement and rating -- Happiness a driver for innovation at the workplace -- Happiness and fulfilment in the workplace: It's importance, definition, and determinants -- Conscious preparation for happier meetings -- Happiness-driven growth: Achieving business prosperity through happiness -- Sustainable development and happiness: A perspective from Bhutanese schools --

Sommario/riassunto

This book provides a comprehensive and enriching understanding of the construct of happiness from diverse perspectives. It provides readers with an overview of the issues, problems, and challenges related to well-being and happiness. The book is divided into three sections. It brings together researchers and practitioners from various disciplines, including psychology, sociology, and development studies. Each section includes chapters from leading academicians from across the world. The first section helps the reader understand happiness from a neuroscientific perspective and explores the relationship between happiness and subjective well-being. The second section of the book discusses the importance of building personal resources for happiness from a positive psychology point of view. The last section examines the importance of happiness in the workplace and suggests a sustainable development plan for happiness. It is a must-buy book for individuals nurturing critical thought and searching for a quintessential understanding of happiness. It presents a unique contribution to the literature with its multidisciplinary focus on specific topics.
