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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.