

1. Record Nr.	UNISALENTO991004252237707536
Autore	Schmidt, Johann Hermann Heinrich
Titolo	Monodien und wechselgesänge der attischen tragödie : text und Schemata der lyrischen Partien bei Euripides / von J. H. Henrich Schmidt
Pubbl/distr/stampa	Leipzig : F. C. W. Vogel, 1871
Descrizione fisica	XXX, 170, DXXXVII p. ; 23 cm.
Collana	Die Kunstformen der griechischen Poesie und ihre Bedeutung ; 3
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
2. Record Nr.	UNINA9910624354103321
Autore	Las Heras Mireia
Titolo	Human Flourishing : A Multidisciplinary Perspective on Neuroscience, Health, Organizations and Arts // edited by Mireia Las Heras, Marc Grau Grau, Yasin Rofcanin
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2023
ISBN	3-031-09786-6
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (XII, 234 p. 1 illus.)
Classificazione	BUS063000MED0000000PHI0000000PSY020000PSY021000
Disciplina	658.402
Soggetti	Industrial organization Psychology, Industrial Medical sciences Philosophy Neuropsychology Organization Work and Organizational Psychology Health Sciences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

## Nota di contenuto

Introduction: In the pursuit of human flourishing -- PART I: NEUROSCIENCE AND HEALTH -- PART II: ORGANIZATION AND POLICIES -- PART III: CARE AND FLOURISHING -- PART IV: ARTS, FASHION AND LITERATURE -- Conclusion – What we have learnt from multidisciplinary views on Human Flourishing -- List of contributors.

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## Sommario/riassunto

This open access book presents a novel multidisciplinary perspective on the importance of human flourishing. The study of the good life or Eudaimonia has been a central concern at least since Aristotelian times. This responds to the common experience that we all seek happiness. Today, we are immersed in a new paradoxical boom, where the pursuit of happiness seems to permeate everything (books, media, organizations, talks), but at the same time, it is nowhere, or at least very difficult to achieve. In fact, it is not easy to even find a consensus regarding the meaning of the word happiness. Seligman (2011), one of the fathers of the positive psychology, confirmed that his original view the meaning he referred to was close to that of Aristotle. But, he recently confessed that he now detests the word happiness, since it is overused and has become almost meaningless. The aim of this open access book is to shed new light on human flourishing through the lenses of neurosciences and health, organizations, and arts. The novelty of this book is to offer a multi-disciplinary perspective on the importance of human flourishing in our lives. The book will examine further how different initiatives, policies and practices create opportunities for generating human flourishing.

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