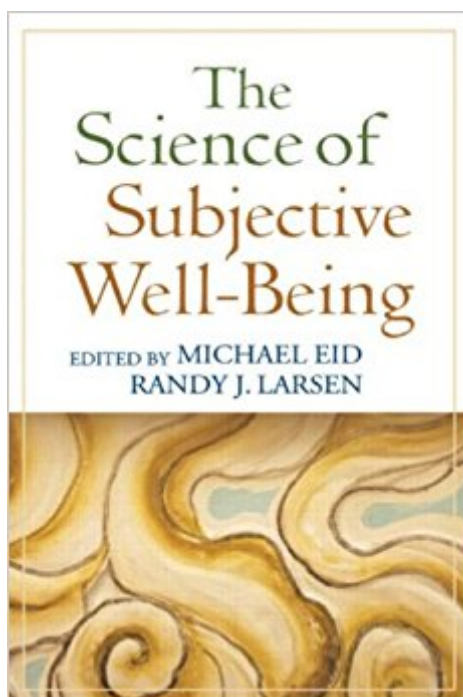


The book was found

The Science Of Subjective Well-Being



Synopsis

This authoritative volume reviews the breadth of current scientific knowledge on subjective well-being (SWB): its definition, causes and consequences, measurement, and practical applications that may help people become happier. Leading experts explore the connections between SWB and a range of intrapersonal and interpersonal phenomena, including personality, health, relationship satisfaction, wealth, cognitive processes, emotion regulation, religion, family life, school and work experiences, and culture. Interventions and practices that enhance SWB are examined, with attention to both their benefits and limitations. The concluding chapter from Ed Diener dispels common myths in the field and presents a thoughtful agenda for future research.

Book Information

Paperback: 546 pages

Publisher: The Guilford Press; 1 edition (October 9, 2008)

Language: English

ISBN-10: 1606230735

ISBN-13: 978-1606230732

Product Dimensions: 6 x 1 x 9.1 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,284,580 in Books (See Top 100 in Books) #49 inÂ Books > Science & Math > Earth Sciences > Geology > Sedimentary #163 inÂ Books > Science & Math > Agricultural Sciences > Soil Science #822 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Developmental Psychology

Customer Reviews

First off, potential readers need to know that this is basically an academic book and not written for the popular read. People looking for a general book about happiness that discusses ways to increase long-term happiness might want to check out books more for the lay-person, such as "Finding Happiness in a Frustrating World". Secondly, if you're confused by the term "subjective well-being", feel free to substitute it with the word "happiness." Although a lot of happiness researchers study "subjective well-being" and not "happiness", I can tell you that most researchers use the two interchangeably in their writing for clarity's sake. For those wondering, studying subjective well-being is preferred by researchers because it taps into several aspects of happiness such as life satisfaction, positive affect, and negative affect. Having said that, this is just a great book

that looks at cutting edge happiness research. As with most academic texts, it is written by not one, but many experts in the field, each contributing a chapter or two to the book- and then the whole thing being edited by one or two prominent experts. Briefly, the book is divided up into VI sections: Section I covers some history and philosophy. Section II discusses how researchers measure subjective well-being. Section III talks about "the happy person". Section IV looks at the subjective well-being research in specific areas such as young people, job satisfaction, in other cultures and nations and so on. Section V discusses the various interventions that have been shown to increase happiness (goal setting, expressing gratitude, etc).

[Download to continue reading...](#)

The Science of Subjective Well-Being Me, Myself, and Us: The Science of Personality and the Art of Well-Being Thanksgiving: How to Cook It Well: How to Cook It Well American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Breathe Well and Live Well with COPD: A 28-Day Breathing Exercise Plan Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well The Well-Armored Teen: Easy Tools Protect Your Teen and Tween From Sexual Abuse, Bullying, and Exploitation (The Well-Armored Child Library Book 1) Healthy at Home: Get Well and Stay Well Without Prescriptions All's Well That Ends Well (Folger Shakespeare Library) The Aromatherapy Garden: Growing Fragrant Plants for Happiness and Well-Being American Heart Association Complete Guide to Women's Heart Health: The Go Red for Women Way to Well-Being & Vitality CBT for Chronic Pain and Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing The Endometriosis Natural Treatment Program: A Complete Self-Help Plan for Improving Health & Well-Being Gentle Yoga for Multiple Sclerosis: A Safe and Easy Approach to Better Health and Well-Being through Yoga The American Yoga Association's Easy Does It Yoga : The Safe and Gentle Way to Health and Well-Being Promoting Health And Emotional Well-Being In Your Classroom Aerobics Program For Total Well-Being: Exercise, Diet , And Emotional Balance Exercise for Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being Spontaneous Happiness: A New Path to Emotional Well-Being Flourish: A Visionary New Understanding of Happiness and Well-being

[Dmca](#)