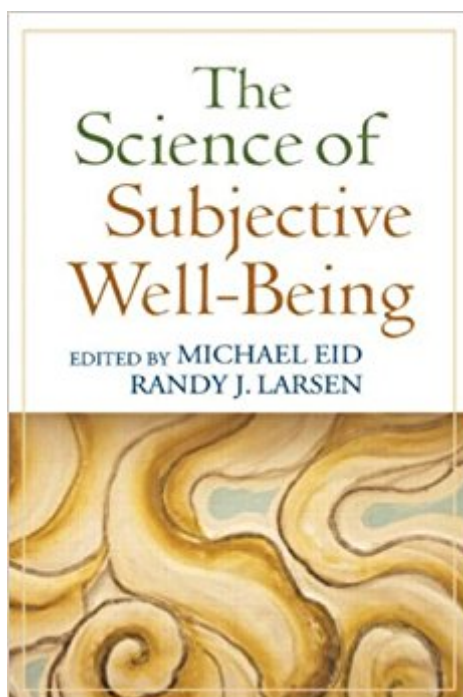


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# The Science Of Subjective Well-Being



## 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

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## 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.

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