Happiness

Unlocking the Mysteries of Psychological Wealth

Ed Diener and Robert Biswas-Diener

n 1/

m HOCHSCHULE LIECHTENSTEIN Bibliothek



Contents

Foreword		ix
Ack	cnowledgments	xiv
Par	t I Understanding True Wealth	1
1	Psychological Wealth: The Balanced Portfolio	3
2	Two Principles of Psychological Wealth	13
Par	t II Happy People Function Better	27
3	Health and Happiness	29
4	Happiness and Social Relationships: You Can't Do	
	Without Them	47
5	Happiness at Work: It Pays To Be Happy	68
Par	t III Causes of Happiness and Genuine Wealth	89
6	Can Money Buy Happiness?	91
7	Religion, Spirituality, and Happiness	112
8	The Happiest Places on Earth: Culture and Well-Being	127
9	Nature and Nurture: Is There a Happiness Set Point,	
	and Can You Change It?	145
10	Our Crystal Balls: Happiness Forecasting	165
11	Take AIM on Happiness: Attention, Interpretation,	
	and Memory	182
Par	Part IV Putting It All Together	
12	Yes, You Can Be Too Happy	207
13	Living Happily Ever After	221

Contents

14	Measuring Psychological Wealth: Your Well-Being	
	Balance Sheet	234
Epilogue: About the Science of Happiness		244
Further Reading		
FTeferences		256
Index		278