



The Human Pursuit of Well-Being

By Brdar, Ingrid

Condition: New. Publisher/Verlag: Springer Netherlands | A Cultural Approach | Describing research and practice from diverse fields of positive psychology, and covering topics such as motivation, happiness and academic performance, this book assembles contributions from around the world and especially from Europe's growing cohort. | This book brings together the latest research on positive psychology from an international cast of researchers and particularly from the growing body of European researchers. The chapters describe research and practice from diverse fields of positive psychology, covering topics such as happiness and well-being, motivation and goals, personality, academic performance and coping, measurement and interventions. The book emphasizes a cultural approach to the human pursuit of well-being. It is unique in that it presents research from a range of cultures, such as Russia, Croatia, and Egypt, in addition to ten different Western cultures. This approach helps broaden our understanding of those aspects of human experience that make life worth living in diverse cultural conditions. The book includes well-known and new authors from the field and contains selected papers that were presented at the 4th European Conference of Positive Psychology held in 2008 in Croatia. | Preface: Ingrid Brdar.- Introduction: The Human Pursuit of Well-Being: A Cultural...



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