

Contents

Acknowledgments	vii	PART III PERSONALITY AND INDIVIDUAL DIFFERENCES	
Preface	ix	11 Personality and Subjective Well-Being	
PART I HOW CAN WE KNOW WHO IS HAPPY? CONCEPTUAL AND METHODOLOGICAL ISSUES		<i>Ed Diener and Richard E. Lucas</i>	213
1 Objective Happiness	3	12 Life Task Participation and Well-Being: The Importance of Taking Part in Daily Life	
<i>Daniel Kahneman</i>		<i>Nancy Cantor and Catherine A. Sanderson</i>	230
2 Ecological Momentary Assessment	26	13 Self-Regulation and Quality of Life: Emotional and Non-Emotional Life Experiences	
<i>Arthur A. Stone, Saul S. Shiffman, Marten W. DeVries</i>		<i>E. Tory Higgins, Heidi Grant, and James Shah</i>	244
3 Measurement Issues in Emotion Research	40	14 Disturbances in Emotion	
<i>Randy J. Larsen and Barbara L. Fredrickson</i>		<i>Howard Berenbaum, Chitra Raghavan, Huynh-Nhu Le, Laura Vernon, and Jose Gomez</i>	267
4 Reports of Subjective Well-Being: Judgmental Processes and Their Methodological Implications	61	15 Personal Control and Well-Being	
<i>Norbert Schwarz and Fritz Strack</i>		<i>Christopher Peterson</i>	288
5 Wouldn't It Be Nice? Predicting Future Feelings	85	16 Hedonic Adaptation	
<i>George Loewenstein and David Schkade</i>		<i>Shane Frederick and George Loewenstein</i>	302
PART II FEELING GOOD OR BAD: PLEASURES AND PAINS; MOODS AND EMOTIONS		17 Gender Differences in Well-Being	
6 Preadaptation and the Puzzles and Properties of Pleasure	109	<i>Susan Nolen-Hoeksema and Cheryl L. Rusting</i>	330
<i>Paul Rozin</i>		PART IV THE SOCIAL CONTEXT	
7 On the Pleasures of the Mind	134	18 Causes and Correlates of Happiness	
<i>Michael Kubovy</i>		<i>Michael Argyle</i>	353
8 Questions Concerning Pain	155	19 Close Relationships and Quality of Life	
<i>Eric Eich, Ian A. Brodtkin, John L. Reeves, and Anuradha F. Chawla</i>		<i>David G. Myers</i>	374
9 The Mood System	169	20 Well-Being and the Workplace	
<i>William N. Morris</i>		<i>Peter Warr</i>	392
10 Emotions and Hedonic Experience	190	21 The Measurement of Welfare and Well-Being: The Leyden Approach	
<i>Nico H. Frijda</i>		<i>Bernard M. S. van Praag and Paul Frijters</i>	413

22	National Differences in Subjective Well-Being <i>Ed Diener and Eunhook Mark Suh</i>	434	26	On the Neural Computation of Utility: Implications from Studies of Brain Stimulation Reward <i>Peter Shizgal</i>	500
PART V BIOLOGICAL PERSPECTIVES			27	Pleasure, Pain, Desire, and Dread: Hidden Core Processes of Emotion <i>Kent C. Berridge</i>	525
23	The Physiology and Pathophysiology of Unhappiness <i>Robert M. Sapolsky</i>	453	28	Neural Systems for Reinforcement and Inhibition of Behavior: Relevance to Eating, Addiction, and Depression <i>Bartley G. Hoebel, Pedro V. Rada, Gregory P. Mark, and Emmanuel N. Pothos</i>	558
24	The Psychophysiology of Utility Appraisals <i>Tiffany A. Ito and John T. Cacioppo</i>	470	Contributors		573
25	Can Neurobiology Tell Us Anything About Human Feelings? <i>Joseph LeDoux and Jorge Armony</i>	489	Index		575