# Contents

<table>
<thead>
<tr>
<th>Acknowledgments</th>
<th>vii</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preface</td>
<td>ix</td>
</tr>
</tbody>
</table>

## Part I  How Can We Know Who Is Happy? Conceptual and Methodological Issues

1. Objective Happiness  
   Daniel Kahneman  
   3

2. Ecological Momentary Assessment  
   Arthur A. Stone, Saul S. Shiffman, Marten W. DeVries  
   26

   Randy J. Larsen and Barbara L. Fredrickson  
   40

4. Reports of Subjective Well-Being: Judgmental Processes and Their Methodological Implications  
   Norbert Schwarz and Fritz Strack  
   61

5. Wouldn't It Be Nice? Predicting Future Feelings  
   George Loewenstein and David Schkade  
   85

## Part II  Feeling Good or Bad: Pleasures and Pains; Moods and Emotions

6. Preadaptation and the Puzzles and Properties of Pleasure  
   Paul Rozin  
   109

7. On the Pleasures of the Mind  
   Michael Kubovy  
   134

8. Questions Concerning Pain  
   Eric Eich, Ian A. Brodkin, John L. Reeves, and Anuradha F. Chawla  
   155

9. The Mood System  
   William N. Morris  
   169

10. Emotions and Hedonic Experience  
    Nico H. Frijda  
    190

## Part III  Personality and Individual Differences

11. Personality and Subjective Well-Being  
    Ed Diener and Richard E. Lucas  
    213

12. Life Task Participation and Well-Being: The Importance of Taking Part in Daily Life  
    Nancy Cantor and Catherine A. Sanderson  
    230

13. Self-Regulation and Quality of Life: Emotional and Non-Emotional Life Experiences  
    E. Tory Higgins, Heidi Grant, and James Shah  
    244

14. Disturbances in Emotion  
    Howard Berenbaum, Chitra Raghavan, Huynh-Nhu Le, Laura Vernon, and Jose Gomez  
    267

15. Personal Control and Well-Being  
    Christopher Peterson  
    288

16. Hedonic Adaptation  
    Shane Frederick and George Loewenstein  
    302

17. Gender Differences in Well-Being  
    Susan Nolen-Hoeksema and Cheryl L. Rusting  
    330

## Part IV  The Social Context

18. Causes and Correlates of Happiness  
    Michael Argyle  
    353

19. Close Relationships and Quality of Life  
    David G. Myers  
    374

20. Well-Being and the Workplace  
    Peter Warr  
    392

    Bernard M. S. van Praag and Paul Frijters  
    413
Contents

22 National Differences in Subjective Well-Being
   *Ed Diener and Eunkook Mark Suh* 434

PART V BIOLOGICAL PERSPECTIVES

23 The Physiology and Pathophysiology of Unhappiness
   *Robert M. Sapolsky* 453

24 The Psychophysiology of Utility Appraisals
   *Tiffany A. Ito and John T. Cacioppo* 470

25 Can Neurobiology Tell Us Anything About Human Feelings?
   *Joseph LeDoux and Jorge Armony* 489

26 On the Neural Computation of Utility: Implications from Studies of Brain Stimulation Reward
   *Peter Shizgal* 500

27 Pleasure, Pain, Desire, and Dread: Hidden Core Processes of Emotion
   *Kent C. Berridge* 525

28 Neural Systems for Reinforcement and Inhibition of Behavior: Relevance to Eating, Addiction, and Depression
   *Bartley G. Hoebel, Pedro V. Rada, Gregory P. Mark, and Emmanuel N. Pothos* 558

Contributors 573

Index 575