PAUL ANAND

HAPPINESS EXPLAINED

What human flourishing is and what we can do to promote it



TABLE OF CONTENTS

1.	The Need to Go Beyond GDP	1
2.	Human Flourishing	11
3.	The Wellbeing Space—What It Is and How Are We Doing?	23
4.	Quality of Life in Childhood and Older Age	43
5.	The Economics of Happiness and Wellbeing	57
6.	Psychological Motivation, Interactions, and Strategies	<i>7</i> 1
7.	Fairness and Justice	91
8.	International and Policy Perspectives	103
9.	Progress as Human Development	115
	Acknowledgements	125
	Selected Bibliography	127
	Index	141