



## Oxford Handbook of Happiness (Oxford Library of Psychology)

*By Susan David, Ilona Boniwell, Amanda Conley Ayers*

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**Oxford Handbook of Happiness (Oxford Library of Psychology)** By Susan David, Ilona Boniwell, Amanda Conley Ayers

In recent decades there has been a shift in focus from psychological and social problems-what might be called the "dark side" of humanity-to human well-being and flourishing. The Positive Psychology movement, along with changes in attitudes toward organisational and societal health, has generated a surge of interest in human happiness.

The Oxford Handbook of Happiness is the definitive text for researchers and practitioners interested in human happiness. Its editors and chapter contributors are world leaders in the investigation of happiness across the fields of psychology, education, philosophy, social policy and economics.

The study of happiness is at the nexus of four major scientific developments: the growing field of Positive Psychology which researches the conditions that make people flourish; advances in the biological and affective sciences which have contributed to the understanding of positive emotions; Positive Organizational Scholarship, an emerging discipline aimed at investigating and fostering excellence in organisations; and findings from economics indicating that traditional markers of economic and societal well-being are insufficient. The Oxford Handbook of Happiness offers readers a coherent, multi-disciplinary, and accessible text on the current state-of-the-art in happiness research.

This volume features ten sections that focus on psychological, philosophical, evolutionary, economic and spiritual approaches to happiness; happiness in society, education, organisations and relationships; and the assessment and development of happiness. Readers will find information on psychological constructs such as resilience, flow, and emotional intelligence; theories including broaden-and-build and self-determination; and explorations of topics including collective virtuousness, psychological capital, coaching, environmental sustainability and economic growth. This handbook will be useful to academics, practitioners, teachers, students, and all those interested in theory and research on human happiness.

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### **Editorial Review**

#### Review

This handbook will be useful to academics, practitioners, teachers, students, and all those interested in theory and research on human happiness. R. B. Stewart Jr., CHOICE ...instead of relying upon others' opinions and advice on what makes them happy, or trying to figure out for yourself how to find happiness, I believe that a better method is to look at the facts and research outcomes presented in this book.[It] contains up-to-date information from "happiness research;" provides descriptions of the various components of happiness including importantly, eudaimonia; uses a multi-disciplinary approach to what constitutes happiness; gives you the theoretical basis of happiness, as well as how it is measured and developed; and offers suggestions on how you can apply the findings from research to your own personal situation. Finally, we have a science of happiness revealed in this book for your benefit! Bizindia, May 2013 With 10 sections and 79 chapters, the handbook has something for anyone that is interested in the study and application of happiness. It also provides an opportunity to revisit existing areas of interest, or a jumping off point to explore new areas, all with the intent to expand readers' "learning edge." Doody's Notes, May 2013

#### About the Author

Dr Susan David is a founder and co-director of the Institute of Coaching at McLean Hospital of Harvard Medical School and an Instructor in Psychology at Harvard University. She holds Bachelors, Honours, two Masters Degrees, and a PhD in Psychology. She completed her postdoctoral studies at Yale University, USA and the University of Melbourne, Australia. Her research focuses on employee engagement, emotional skills, leadership, and coaching effectiveness. She has been awarded sixteen prizes and scholarships, including two for research on emotions in coaching and wellbeing. As the co-chair of the Institute of Coaching's Research Forum, she convenes an annual gathering of global leaders in coaching with the directive of advancing the research and application of coaching in organisations. She was an invited member of the Harvard/World Economic Forum Breakthrough Ideas meeting, and is a frequent guest contributor to Harvard Business Review's best practice articles.

Ilona Boniwell is a Principal Lecturer in Positive Psychology at the University of East London, UK and the Programme Leader for the first Masters Degree in Applied Positive Psychology (MAPP) in Europe. She also instructs on the Executive Certificate in Positive Leadership at l'Ecole Centrale Paris and carries out research in collaboration with the Higher School of Economics, Moscow. Her research and applied interests include: psychology of time, resilience, eudaimonic well-being and applications of positive psychology to leadership, coaching and education. Ilona received her PhD from the Open University. Prior to joining UEL, she worked at Oxford Brookes and City Universities.

Dr Boniwell founded the European Network of Positive Psychology, organised the first European Congress of Positive Psychology (June 2002, Winchester) and was the first vice-chair of the International Positive Psychology Association (IPPA), currently serving as its board member.

Amanda Conley Ayers holds a Master's Degree from the University of Pennsylvania's Positive Psychology (MAPP) program where she investigated positive psychology and meaning in life under the direction of Dr. Martin Seligman. For 5 years she has been a researcher with Evidence Based Psychology, a leadership development and management consultancy focused on providing strategic advice in the areas of positive

leadership development and people practices. In this role she researched the underpinnings and impact of emotional skills, employee engagement, resilience, coaching, and leadership on individual and organizational excellence. Prior to joining the Evidence Based Psychology team, she was a researcher at the Massachusetts General Hospital, in Boston, USA.

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