Happiness Formula: Start Your Happiness Project: Happiness Formula for Your Happiness Project. How to Assess Our Subjective Well-Being? How to Live Joyfully in the 21st Century? (Paperback)

By Frank Ra

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Happiness Formula for your happiness project. How to assess our subjective well-being? How to live joyfully in the 21st century? Leverage AmAre as an approach to cultivate joyful living for the benefit of all beings. In Italian, AmAre means to love ; in English, interconnectedness: (I)Am (we) are. AmAre stands for being: A - Aware and Accepting M - Meaningful and Motivated A - Active and Attentive R - Resilient and Respectful E - Eating properly and Exercising For more information, please visit // It includes chapters about: Oxford Happiness Questionnaire Happiness = A - R Positive Psychology Questionnaires Happiness = Pleasure + flow + meaning Satisfaction With Life Scale Happiness = social relationships + work/study satisfaction + confidence Facebook GNH Happiness = (positive words) - (non-positive words) Gallup-Healthways WBI Happiness = Life Evaluation + Emotional Health + Physical Health + Healthy Behavior + Work Environment + Basic Access Gross National Happiness (Buthan) Happiness = Economic + Environmental + Physical + Mental + Workplace + Social + Political Wellness SWB: Science of happiness.

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