

# Index

## A

- Accomplishment 85, 86, 159, 230  
in PERMA theory of wellbeing  
85, 86
- Adjustment  
in psychology 229
- Affect  
Affect Balance Scale 91  
Negative Affect 90, 92, 93, 161,  
178  
Positive Affect 90–92, 161, 167,  
178, 185, 193, 216, 224, 228  
Positive and Negative Affect Scale  
91
- Agency  
and persons 98, 130, 139, 141,  
144, 150, 178, 216
- Agriculture 41, 46, 47, 49, 51, 52,  
66, 187, 207, 210, 212, 213
- Allport, Gordon 80, 93
- Angell, Frank 73
- Ants 40–42, 44, 47, 49, 51, 66  
and ultrasociality 40–42, 44, 47,  
49, 51
- Anxiety  
aspirational anxiety 58  
changes over time in young peo-  
ple 25  
rates of 25
- Aristotle 85, 88, 209
- Aspiration 3, 17, 33–40, 53–56,  
58, 59, 62–65, 67, 77, 86,  
87, 93, 94, 127, 140, 157,  
160, 175, 177, 178, 192,  
193, 200, 209, 213, 215,  
221, 230
- Aspiration Index 59, 166

- Aspirational culture 3–5, 12, 22,  
24, 27, 31, 33–40, 52, 59–65,  
73, 77, 99, 116, 121, 148,  
149, 154, 157–159, 161–163,  
165–168, 171–177, 179, 183,  
184, 191, 193, 199, 209, 211,  
212, 214, 216, 221, 224,  
227–229  
and the middle-class 73  
and ultrasociality 52, 163, 173,  
224, 228
- Authentic Happiness Theories 82,  
85, 86
- Authenticity 177, 178
- Authentic self 159, 177
- Autobiography 154  
and personhood 154
- Autonomy 11, 44, 46, 47, 49, 51,  
52, 55, 94, 95, 99, 114, 120,  
121, 159, 167–169, 171, 172,  
175, 177, 178, 185, 186, 192,  
228  
in Psychological Well-Being 11,  
185, 191  
in Self-Determination Theory  
114, 171, 175, 177, 192  
and ultrasociality 44, 46, 47, 51,  
52, 169
- B**
- Bauman, Zygmunt 57, 58, 160, 166.  
*See also* ‘Liquid modernity’
- Baumeister, Roy 97–99, 112, 114,  
142, 154, 176
- Beck, Ulrich. *See* Risk society
- Behaviourism 75, 78, 120  
behaviourist school in twentieth  
century psychology 75, 78
- Belief-Desire action theories 81, 82
- Benedict, Ruth 38, 39
- Bentham, Jeremy 80
- Bradburn, Norman 91, 93
- Brain size 45, 46, 66
- Bryan, W.L. 75, 76, 188
- Bugental, James 92
- C**
- Calkins, Mary 75
- Campbell, Joseph 224
- Cantril, Hadley 53, 56
- Cantril’s Ladder 90
- Cattell, James 73
- Cederström, Carl 19, 109, 188
- Character strengths 85, 186  
in theories of wellbeing 85  
in work 85, 186
- Chater, Nick 135, 165, 226
- Cognition 111, 145, 197  
cognitive bias 8, 81, 220  
cognitive gadgets 9, 10, 219  
cognitive mechanisms 9–11, 121,  
219  
cognitive science 81  
metacognition 9, 165, 206
- Competence 11, 86, 114, 159, 163,  
167, 168, 171–173, 177, 178,  
185, 228  
in Self-Determination Theory 86,  
114, 171, 177
- Consciousness 7, 74, 75, 77, 127,  
129–133, 141, 146, 153, 154,  
174, 208, 216, 220, 226  
and disruption 153, 154

- in psychology 74–77, 100  
 Motor Theory of Consciousness 75  
 Core Self-Evaluation(CSE) 193, 194  
 Csikszentmihalyi, Mihaly 85, 87, 89, 92, 107, 174, 175, 185, 186, 195, 226  
 Cultural evolutionary psychology 9  
 Culture. *See* Aspirational culture
- D**  
 Danziger, Kurt 116, 117, 176, 177, 213  
 Darwin, Charles 74  
 Davies, Will 19, 109, 188  
 Dawkins, Richard 17, 164, 165  
 De Tocqueville, Alexis 73  
 Deci, Edward 11, 82, 83, 86, 89, 96, 114–116, 164, 166, 167, 171, 174, 196  
 Dennett, Daniel 17, 127, 206  
 Depression 21, 23–27, 178, 222  
 and youth 199  
 statistics 23  
 Descartes, René 129  
 Desire theories of wellbeing. *See* Belief-Desire action theories  
 actualist desire theories 81  
 desire-fulfillment 81  
 desire-satisfaction 81  
 idealist desire theories 81  
 Dewey, John 74, 76, 77, 87, 186  
 Diener, Ed 19, 88–90, 93, 94, 97, 98, 107, 123, 171, 185, 224  
 Discursive Action Model (DAM) 124  
 Disruption 43, 152–154, 175, 178, 210, 212–214, 225  
 and consciousness 153, 154, 216  
 and wellbeing 16, 109, 174, 184, 212, 213, 216, 227  
 Distinction 33, 34, 79, 89, 94, 96, 97, 110, 120, 125, 166, 168, 209  
 Division of labour 3, 41, 44, 46, 47, 49, 50, 52, 168, 186, 187  
 Domestication 46  
 of animals and plants 42, 46  
 of humans 42, 46, 50  
 persons and domestication 66, 206  
 Dunbar, Richard 45
- E**  
 Economics 3, 4, 12, 15, 16, 21, 22, 24, 36–41, 43, 44, 47–53, 55–58, 62, 73, 76–78, 81, 100, 110, 148, 149, 158, 168–170, 175, 187, 189, 197, 198, 208, 209, 211, 214–217, 221, 223–225, 228  
 and ultrasociality 40, 44, 47, 49–52, 77, 158, 168, 169  
 of wellbeing 4, 12, 16, 18, 19, 24, 37, 38, 40, 51, 99, 149, 159, 169, 188, 216, 217  
 Elias, Norbert 55, 213  
 Emotional intelligence 163, 164, 173, 196  
 Emotional labour 163, 164, 173, 176, 197  
 Engagement 85, 153, 159, 174–176, 185, 186, 191, 195, 228  
 and Flow 85, 153, 174, 176, 185, 186, 195  
 in the workplace 191

- Eudaimonism 79, 83–85, 93–97, 100, 209. *See also* Aristotle  
eudaimonistic theories of well-being 83, 84
- Eudaimonistic theories 83, 84
- Evolution  
biological evolution 9, 47  
cultural evolution 9, 10, 47, 49, 169, 209  
human evolution 47  
of self 41, 112, 122  
theory of evolution 14, 74
- Evolutionary psychology 9, 46
- Ewen, Stuart 33, 53–56, 73
- Experience(s) 1, 7–9, 11–13, 18, 20, 22, 25, 27, 34–38, 40, 48–51, 57–59, 61, 62, 66, 71, 79, 80, 83, 88–92, 94, 97–100, 109–121, 123–125, 127–135, 139–141, 143, 145, 146, 148–151, 153, 154, 159, 165–168, 170–175, 177, 179, 184, 185, 188, 189, 191, 192, 195–200, 205, 210–212, 214, 216, 220, 221, 223–225, 228, 229  
and development 27, 40, 71, 159, 165, 198  
of flow 89, 141, 153, 154, 174, 177, 184, 185, 192, 195  
personal experience 8, 88, 117, 225
- F
- Flourishing 5, 20, 40, 42, 52, 79, 84, 87, 88, 92, 107, 124, 151, 152, 162, 229  
and PERMA 85  
and the Positivity Ratio 91, 92
- Flow 21, 75, 85, 117, 153, 154, 174, 176, 177, 184–186, 192, 195, 225–227
- Fredrickson, Barbara 91, 92, 100, 125, 199
- Freud, Sigmund 87, 116, 121, 184
- Functionalism 74, 76–79. *See also* James, William  
in nineteenth century psychology 2, 53, 74, 78
- G
- Giddens, Anthony. *See* Risk society
- Goals  
and aspirational culture 33, 39, 62, 63, 77, 157, 163, 165–167, 173, 184  
and the Aspiration Index 166  
and wellbeing 51, 61, 108, 124, 159, 160, 162, 166, 167  
extrinsic goals 61, 166  
intrinsic goals 61, 62, 164, 166
- Good life 2, 20, 81, 82, 88, 97, 184, 185, 205, 209
- Gowdy, John 40–44, 46, 49, 51, 66, 77, 168, 187, 188
- GRIT 162
- Growth Need Strength (GNS) 3, 192
- H
- Happiness 16, 21, 23, 24, 51, 54, 79, 80, 82, 84–86, 88, 89, 91, 93, 94, 97, 99, 108, 109, 119, 153, 171, 186, 189, 195, 199, 216, 224, 228

- and hedonism 79, 80, 82, 84, 94, 96, 97  
 and meaning 51, 85, 91, 96–99, 119, 186, 216  
 Happy Life Years 223  
 Harré, Rom 2, 98, 112, 114, 119, 124, 132, 139, 141–144, 152, 154, 168, 189, 190, 193, 194, 208, 212, 215, 217, 224–226  
 Harris, Sam 17  
 Harter, N. 75, 76  
 Haybron, Daniel 6, 79–86, 88, 121, 159, 205  
 Hedonism. *See* Bentham, Jeremy  
   hedonic calculus 80  
   hedonics 80  
   hedonic treadmill 160  
   hedonistic theories of wellbeing 80, 81  
 Helliwell, John 21, 224  
 Hergenhahn, Bruce 53, 78, 97  
 Heyes, Cecilia 9, 148, 219  
 Hierarchies. *See* Social hierarchies  
   and ultrasociality 47, 49–52, 158, 207  
 Hollingworth, Leta 75  
 Holmes, Stephen 13  
 Hunter-gatherer 4, 217, 221, 224  
   and egalitarian 4, 224  
 Hybrid psychology 143, 144
- I
- Industrialisation 55, 56, 74  
   in nineteenth century America 53, 57  
 Interdependence 41, 44, 47  
   and ultrasociality 41, 43, 44, 47
- J
- James, William 74, 75  
 Job Characteristics Model 192  
 Job Satisfaction. *See* Core Self-Evaluation; Growth Need Strength (GNS)  
   dispositional theories of 193  
   interactive theories of 192  
   situational theories of 192
- K
- Kahneman, Daniel 80, 89, 125, 189  
 Kasser, Tim 59, 60, 157, 164, 166, 184  
 Keverne, Eric 10, 147  
 Krall, Lisi 40–44, 46, 49, 51, 66, 77, 168, 187, 188
- L
- Lazarus, Richard 91  
 Leahey, Thomas 53, 55, 74–78, 188  
 Life expectancy 18, 22–24, 228  
   declines in United States 23  
   global 18  
   improvement in 23  
 Life satisfaction (LS) 90, 91, 93, 95–97, 161, 178, 185, 191, 223  
   Satisfaction With Life Scale 91  
 ‘Liquid modernity’ 57, 58, 158, 160  
 List theories of wellbeing 79, 84, 85  
 Locke, John 140  
 Lockean self 177, 209, 213, 216, 227  
 Locus of control 25, 169, 170, 193, 222

Lomborg, Bjørn 14–16  
 Lyubomirsky, Sonja 89, 90, 99, 107,  
 108, 196

M

Martin, Jack 111, 112, 118, 139,  
 143, 144  
 Maslow, Abraham 84, 87, 92, 93  
 Materialism 10, 12–15, 17, 20,  
 44, 47, 50, 51, 111, 113,  
 114, 128–130, 132, 134,  
 141, 143, 161, 185, 215,  
 224, 226  
 and aspiration 4, 54, 63, 77, 159,  
 184, 193, 209  
 materialistic values 54  
 May, Rollo 92  
 McAdams, Dan 49, 190  
 Mead, George Herbert 74, 142,  
 144  
 Meaning  
 and wellbeing 7, 8, 11, 36,  
 39, 51, 80, 85, 86, 91, 93,  
 99, 135, 160, 186, 188,  
 226  
 compared to happiness 51, 85,  
 91, 94, 97–99  
 meaningful life 63, 85, 96, 97,  
 142  
 Middle classes 53–56, 76, 213  
 Molecular ontology 132, 143, 144,  
 168, 170  
 Moore, Stephen 14, 16  
 Münsterberg, Hugo 75  
 Mythology 63  
 Prometheus 63  
 Sisyphus 63

N

Nature  
 access to nature 31  
 and nurture 9  
 and wellbeing 6, 8, 12, 16,  
 20–22, 26, 34, 35, 62, 83, 84,  
 110, 121, 122, 152, 166, 169,  
 186, 209, 228  
 Nature-fulfillment. *See*  
 Eudaimonistic theories  
 Negative affect (NA) 90–93, 161,  
 178, 193  
 Neurocognition 9, 10, 46, 78, 121,  
 165, 219  
 Neurodevelopment 10, 147  
 Neuroscience 11, 111, 154  
 New Optimists 17  
 Niche construction 210  
 Norberg, Johan 16

O

Oishi, Shigehiro 73, 97, 98, 167,  
 213  
 Optimism 14, 17, 18, 26, 27, 53,  
 87, 167, 213  
 and wellbeing 19, 24, 26, 27, 52,  
 58, 88, 95, 109, 124, 167, 195  
 Other-care 157, 163, 178, 196, 222

P

Paradox 1, 8, 12, 15, 18, 26, 27, 99,  
 118, 123, 199, 220  
 of wellbeing 1, 8, 12, 15, 19, 26,  
 27, 118, 220  
 Peirce, Charles 74  
 PERMA theory of wellbeing 85, 86

- Person(s)  
 and agency 98, 108, 109, 121, 130, 139, 141, 143, 144, 150, 166, 168, 221  
 and personhood 2–4, 6, 10, 12, 13, 21, 49, 59, 64, 65, 67, 115, 124, 126, 131, 139, 141, 144–152, 157, 158, 165, 168, 170, 178, 184, 192, 208–210, 212, 214–217, 219–223, 227  
 and unity 64, 112, 124, 130, 139–141, 150, 192, 206, 208, 212, 214, 216, 220, 221, 228  
 and wellbeing 1–4, 6–8, 10–13, 20, 27, 35, 36, 51, 58, 61, 62, 71, 82, 83, 88–90, 93–95, 109–112, 114, 118, 123–126, 135, 139, 145, 146, 149, 151, 154, 157, 159, 162, 179, 184, 185, 189, 190, 192, 207, 210, 212, 214, 215, 219, 220, 224, 225, 227–230  
 as ‘logically primitive’ 7, 64, 129, 150, 212  
 as sociocultural artefact 2, 67, 150, 158, 208, 215, 230  
 concept of 3, 7, 36, 66, 74, 111, 116, 123, 125, 126, 128–131, 134, 142, 150, 157, 193, 212, 217, 226  
 continuity of 64, 130, 140, 142, 166  
 contrasted with the ‘self’ 38, 59, 89, 125, 189, 218  
 ontology 132, 143, 168, 170, 190, 215  
 Personal Well-Being 20, 109, 159, 163, 208  
 Peterson, Christopher 85, 186  
 Pinker, Stephen 1, 16, 17, 41  
 Popper, Karl 13  
 Positive affect (PA) 90–92, 161, 167, 178, 185, 193, 216, 224, 228  
 Positive Psychology 20, 84, 85, 87, 88, 90–93, 99, 100, 107–110  
 Positivity Ratio 91–93  
 Postrel, Virginia 13, 14  
 Pragmatism. *See* James, William  
 Principle of Utility 80  
 Progressive Movement 76, 87  
 Prudential psychology 79  
 Psychological wellbeing. *See* Ryff, Carol  
 R  
 Relatedness 11, 114, 159, 173, 174, 177  
   in Self-Determination Theory 114, 177  
 Ridley, Matt 16  
 Risk 15, 38, 57, 163, 178, 198  
   in aspirational culture 37, 163, 170  
 Risk society 56, 158  
 Rogers, Carl 47, 50, 92, 93, 109, 189  
 Rojek, Chris 163, 164, 173, 197, 200  
 Rosling, Hans 17  
 Russell, Bertrand 229  
 Ryan, Richard 11, 59, 82, 83, 86, 89, 96, 114–116, 164, 166–168, 171, 174  
 Ryff, Carol 86, 93–96

## S

Sachs, Jeffrey 22–24, 228

## Self

and wellbeing 6, 10, 11, 13, 20,  
24, 37, 86, 89, 90, 93, 95,  
100, 108, 110, 114, 117,  
122–125, 144, 162, 191, 192,  
211, 212, 214, 225

self-actualisation 38, 78, 93, 166

self-care 163, 222

self-consciousness 154, 176

self-control 31, 162

self-enhancement 112, 166, 177,  
178

self-monitoring 116, 176, 209,  
211, 213, 214, 216, 222

self-regulation 112, 122, 162,  
178, 196, 198, 210, 211, 213

versus ‘person’ 7, 10, 11, 36, 66,  
109, 112, 114, 125, 126, 131,  
142

Self-Determination Theory (SDT)

82, 86, 114, 115, 171, 173,  
175, 192, 225

Selfish Goal Theory 165

Self-reports 89, 90, 100, 123, 124,  
191, 194

Seligman, Martin 19, 20, 84–88, 92,  
107, 174

and Authentic Happiness Theory  
84, 85

and PERMA 85, 86

and Positive Psychology 20,  
84–87, 92, 107

Shermer, Michael 16

Simon, Julian 14–16

Singularity 34, 83, 139, 141–143,  
206, 212, 221, 228. *See also*  
Person, and personhood

of persons 139, 142, 206, 207,  
228

Skills 2, 3, 34, 45, 46, 59, 75, 122,  
139, 148, 151, 152, 154, 159,  
163, 164, 168, 169, 175, 185,  
191, 192, 198, 207, 211, 213,  
216, 219, 223, 229

discursive skills 151, 152, 154,  
216, 219

Skinner, Burrhus Frederick 74, 78

Slovic, Paul 15

Social hierarchies 47, 49, 52, 154,  
207

Social regulation 49, 51, 78, 177,  
186, 206, 208, 213

Specialisation 3, 46, 51, 75, 77, 186,  
187

of knowledge 3, 46

of work 75, 100, 186, 187

Stanley Hall, G. 72

Strategic Interference Theory 153

Strawson, Peter 7, 66, 128–133, 139,  
143, 150, 212, 226

Subjective Well-Being. *See* Diener,  
Ed

measures 89, 90, 194

methods 89, 90

Subjectivity 82

and subjective reports 94, 100,  
111

Suicide 25, 27, 97, 146, 198

and perfectionism 221

in the United States 25

## T

Tasks 2, 10, 11, 21, 44, 45, 52, 58,  
60, 64, 76, 98, 99, 112, 115,  
144, 147–150, 152, 159,



164, 171, 176, 184, 185,  
187–190, 192, 196, 206,  
216–219, 222, 223, 225,  
227, 229, 230  
life tasks 2, 52, 149, 159, 185,  
218, 227  
Termites 40–42, 44, 47, 49, 51, 66  
and ultrasociality 40, 42, 44, 47,  
49, 51, 99  
Thriving 84, 87, 95, 210  
Tversky, Amos 80  
Twenge, Jean 25, 26, 99, 169, 184,  
198, 199, 222  
Tylor, Edward 39

## U

Urbanisation  
and decline in contact with natu-  
ral environments 197  
global trend of 56  
in nineteenth century  
America 56  
Utopia. *See* Bauman, Zygmunt

## V

Values 26, 34, 36, 54, 60, 65, 77,  
78, 82, 83, 85, 114, 121, 172,  
188, 212  
Veenhoven, Ruut 52, 67, 223, 224  
Violence 1, 16, 20, 41, 149  
decreases in 24  
Virtue 31, 84, 85, 87, 94, 135, 143,  
150, 206  
and eudaimonistic theories of  
wellbeing 83  
Vygotsky, Lev 142

## W

Wellbeing. *See also* Personal  
Well-Being; Subjective  
Well-Being  
and eudaimonism 79, 83–85, 93,  
96, 100, 209  
and hedonism 60, 80, 81, 96, 160  
consequences of 5, 10, 11, 20, 51,  
109, 159, 179, 184, 199, 219  
theories of 2, 7, 8, 10, 11, 27, 35,  
79, 81, 84, 86, 110, 111, 126,  
158, 175, 192, 224  
wellbeing interventions 107  
Wittgenstein, Ludwig 39, 118, 126,  
128, 133, 134, 143, 144, 153  
Work 2, 5, 10, 18, 19, 26, 34, 40,  
48, 52, 54, 55, 60, 61, 63, 64,  
77, 79, 80, 84, 88, 89, 92–94,  
100, 108, 109, 111, 112, 114,  
117, 118, 121, 127, 133, 139,  
144, 158, 163, 164, 166, 167,  
171, 173, 175, 176, 183–193,  
195, 196, 200, 207, 213, 218,  
222, 225  
and wellbeing 2, 5, 10, 11, 19,  
25, 34, 52, 54, 79, 84, 86, 88,  
92, 93, 109, 158, 163, 167,  
179, 184, 186–188, 191, 195,  
196, 200  
World Economic Forum 19  
and wellbeing 18, 19  
World Values Survey 90  
Wright, Chauncey 74  
Wundt, Wilhelm 72–75, 77

Y  
Yerkes, Robert 76  
Yerkes-Dodson Law 76