

# Index

## A

Adaptation, 20, 168, 189  
Affective reasons, 127, 132  
Affective states, 117, 122  
Agenda-setting, 197  
Aggression, 139, 141–145  
Alienation, 121, 224  
A-normativity of science, 225  
Anti-depressants, 116, 118, 119, 131  
Artificial, 116, 122–124  
Authentic, 116, 119–125, 127–131  
    experiences, 120, 122  
    happiness, 46, 123  
    *see also* Sumner, Leonard Wayne  
    personality, 120, 121, 128, 129, 131, 132  
Autonomy, 64, 121, 126, 129, 182

## B

Bentham, Jeremy, ix, xiv, 99, 177, 217  
Bioethics, 115  
Biology, 12, 96, 103, 118, 138  
Biomedicine, 59, 115, 118, 120, 123, 127  
*Brave New World*, 223

## C

Cameron, David, 1, 197, 201, 203, 206, 210  
Capability approach, 3–4, 13  
    *see also* Sen, Amartya  
Censure, 225  
Character, 93, 95, 101, 121, 124, 147  
Cheating, 124  
Civic virtue, 62, 226  
Civil service, 203, 206  
Communitarianism, 224  
Computer games, 135–154  
Consensus, 1–15, 22, 97, 108, 198, 209

Consumption, 44, 87, 109, 159–173,  
    179, 183  
Corruption, 224–227  
Creativity, 29, 128, 131, 169, 184  
Crisp, Roger, 4, 126

## D

Dehumanization, 142  
Democracy, xiii, 160, 180, 189, 223, 225, 227  
Desensitization, 141–143  
Desire-satisfaction(ism)  
    *see* Theories of the good life,  
        Desire-satisfactionism  
Despotism, 221, 227  
Diener, Ed, 62, 63, 217, 225  
Dignity, 120, 221–224  
Disease, 60, 117, 118  
Dopamine, 139, 142, 144  
Drugs, 83, 116–120, 123, 127, 131

## E

Easterlin paradox, x, 20–23, 34, 203  
Economics, 39, 41, 73–77, 88–90, 184,  
    203–205  
Education, 2, 20, 29, 64, 104, 147, 181, 192  
Elitism, 225  
Elster, Jon, 74, 75, 77, 82–90  
Emotion, ix, 62, 81, 116–118, 124, 127,  
    137–139, 144  
Empathy, 136–138  
Enumerative questions, 4–6, 8  
Environment  
    natural, xiii, 41, 102, 157–173, 201–203,  
        206, 209  
    social, 130, 132, 140, 185, 191, 192  
Ethical Theories, 128

- Ethical Theories (*cont.*)  
 deontology, 94, 100, 218  
 utilitarianism, 6, 99–101, 178–179, 185, 217, 220  
 virtue ethics, 94, 97, 100, 108  
*Eudaimonia*, 46, 98, 99  
 European Union (EU), 2, 39, 197–212  
 Existentialism, 63, 129, 131  
 Experience machine, 27, 122, 127, 132  
 Experience requirement, 27–28, 126  
 Explanatory question, The, 5–6, 8
- F**  
 Feminism, 205  
 Financial crisis, 205, 207, 210  
 Flourishing, 7, 12, 128, 150  
 Freedom, Personal, 110, 162, 174, 184–185, 218, 221, 226–227  
 Frey, Bruno, 39, 165, 172, 188, 190, 192, 229
- G**  
 Game Transfer Phenomena, 141–142  
 General Aggression Model, 141  
   *see also* Aggression  
 Goodhart's law, 190  
 Gratitude, 96, 97, 101  
 Gratitude framework, 128, 129  
 Griffin, James, xi, 8, 44, 125, 126  
 Gross Domestic Product (GDP), 1–4, 13, 23, 166, 197, 201, 206–209  
 Gross National Happiness, x, 178
- H**  
 Health  
   physical, 20, 29, 50, 53, 59–68, 109, 117–118, 126, 173, 202, 220  
   mental, 50, 61  
 Health-care, 59–68, 202, 223  
 Hedonic paradox, 131  
 Hedonism  
   *see* Theories of the good life, Hedonism  
 Human Oxytocin Mediated Empathy (HOME), 139–140, 146  
 Human Development Index (HDI), 2, 4, 13  
 Human enhancement, 101, 115–132, 146–147  
 Human nature, 12, 46, 101, 121, 129, 131, 138, 192  
 Humiliation, 179, 226
- I**  
 Illusory happiness, 122, 123  
 Income, x, 20–21, 165–170, 181, 188–192  
 Instrumental value, 53, 163, 220  
 Intrinsic value, 7, 26, 29, 46, 53, 219
- J**  
 Judgment, 31, 32, 34, 90, 219, 222–226
- K**  
 Kahneman, Daniel, 6, 30, 40, 76, 177–179, 222  
 Kant, Immanuel, 99–101, 218–221  
 Kraut, Richard, 6, 7
- L**  
 Layard, Richard, 23, 166, 177–193, 202, 204, 209, 215, 217, 222, 229  
 Liberalism, 23, 227  
 Libertarian paternalism, 64, 110, 184, 193, 224  
 Liberty  
   *see* Freedom, Personal  
 Life-satisfaction  
   *see* Theories of the good life, Life-satisfaction
- M**  
 Marriage, 168, 223  
 Medication, 65–66, 119  
 Mill, John Stuart, 6, 99, 184, 220  
 Mitcham, Carl, 93, 102, 105  
 Money  
   *see* Income; Wealth  
 Morality, xii, 99, 116, 118, 138, 160  
 Motivation, 74–90, 136, 143, 193  
 Multiple Streams Approach, 198, 199, 204
- N**  
 Nature  
   *see* Environments, Natural  
 Neural mechanisms, 136, 140, 148  
 Neuroendocrine, 142  
 Neuroscience, 135–150  
 Nozick, Robert, 27, 122, 127  
 Nudge  
   *see* Libertarian Paternalism  
 Nussbaum, Martha, 3, 23, 28, 147  
   *see also* Capability approach

**O**

- Objective list theories
  - see* Theories of the good life, Objective list
- Organisation for Economic Co-operation and Development (OECD), x, 2, 11, 204–208
- Oxytocin, 139–140, 146, 147

**P**

- Parfit, Derek, xi, 3, 26, 125
- Paternalism, 184–185, 192
  - see also* Libertarian paternalism
- Perfectionism
  - see* Theories of the good life, Perfectionism
- Personal identity, 119–121, 128–130
- Pharmacological calvinism, 124
- Plato, 100
- Pleasure, 6, 116, 122, 123, 125, 127, 131
  - see also* Theories of the good life, Hedonism
- Popper, Karl, 177–193
- Popper Check, 181–185, 189–191
- Populism, 227–229
- Preference-satisfaction
  - see* Theories of the good life, Desire-satisfactionism
- President's Council on Bioethics, 115, 116, 119
- Prisoner's dilemma, 87, 187
- Pro-social behavior
  - see* Empathy
- Prozac
  - see* Anti-depressants
- Positive psychology, xii, 59–71, 96–97, 108, 111
- Public policy, 1–5, 11, 14, 15, 22–24, 39–41, 178–193, 217–225

**Q**

- Qualeffo-41, 49, 50–52, 53

**R**

- Rationality, 43, 73, 77, 80–84, 106, 187
- Rat race, xiii, 180, 191
- Reality requirement, 122
- Reference group, 182–183, 187
- Relationships, 21, 30, 127, 140, 169, 200
- Religion, 19, 64, 99, 169
- Republicanism, 226–227
- Reward (system), 25, 139, 186
- Rights, 218, 227–228

**S**

- Scanlon, Thomas Michael, 24–25, 27
- Sen, Amartya, x, 2, 3, 23, 35, 87–89
  - see also* Capability approach, Stiglitz-Sen-Fitoussi report
- Set point theory, 20–21, 35
- Social comparison, 180, 191–192
- Social indicators, 29, 200, 206–207
- Social mobility, 186, 187, 189
- Selective Serotonin Reuptake Inhibitors (SSRIs), 116
- Standard of living, 35, 161, 163, 206
- Status competition, 178, 180, 182–193
- Stiglitz-Sen-Fitoussi report, 29, 200–201, 204–208
- Suffering, 49, 51, 136, 179, 220, 226
- Sumner, Leonard Wayne, xi, 3, 4, 10, 26, 46–47, 122, 162
- Sustainability
  - see* Environment, Natural

**T**

- Testosterone, 139
- Theories of the good life, xi, 26, 125, 219
  - authentic happiness, 46
    - see also* Sumner, Leonard Wayne
  - desire-satisfactionism, 3, 8–10, 44, 48, 53, 126, 128, 131
  - hedonism, 53, 123, 125–127, 218, 219
  - life-satisfaction, 3, 4, 96, 219, 222
  - neutral
    - see* Theory-neutral approach
  - objective list, 3, 9–10, 44, 53, 125–127, 130
  - perfectionism, 3, 7, 10, 45–46, 225
- Theory-neutral approach, 12–14, 18, 28, 33–35
- Therapy, 117–119, 143, 202
- Tiberius, Valerie, 26, 34, 54, 127, 128
- Treatment/enhancement-distinction, 117–119
- Treaty of Rome, 206

**U**

- United Nations (UN), x, 2, 4, 13, 217

**V**

- Virtual, 142, 149
  - see also* Computer games
- Voting, 183, 189–190, 227
  - see also* Democracy

**W**

Wealth, 23, 165–166, 185, 202

*see also* Income

Welfare state, 59–60

Well-being

eudaimonic, 17, 19, 30, 62–64, 135

measurement of, 2, 5, 12, 14, 30, 205, 222

subjective, ix–xi, 4, 17, 20–21, 54, 62–63, 180, 200, 204, 205

theories of

*see* Theories of the good life

Willpower, 74, 80, 226

Work, 21, 29, 47, 60, 61, 162, 172–173, 184–189, 191, 204

**Z**

Zero-sum game, xii, 180, 184, 186, 190