## Contents

**Acknowledgments** vii
**Preface** ix

### PART I HOW CAN WE KNOW WHO IS HAPPY? CONCEPTUAL AND METHODOLOGICAL ISSUES

1 **Objective Happiness**
   Daniel Kahneman 3

2 **Ecological Momentary Assessment**
   Arthur A. Stone, Saul S. Shiffman, Marten W. DeVries 26

3 **Measurement Issues in Emotion Research**
   Randy J. Larsen and Barbara L. Fredrickson 40

4 **Reports of Subjective Well-Being: Judgmental Processes and Their Methodological Implications**
   Norbert Schwarz and Fritz Strack 61

5 **Wouldn’t It Be Nice? Predicting Future Feelings**
   George Loewenstein and David Schkade 85

### PART II FEELING GOOD OR BAD: PLEASURES AND PAINS; MOODS AND EMOTIONS

6 **Preadaptation and the Puzzles and Properties of Pleasure**
   Paul Rozin 109

7 **On the Pleasures of the Mind**
   Michael Kubovy 134

8 **Questions Concerning Pain**
   Eric Eich, Ian A. Brodkin, John L. Reeves, and Anuradha F. Chawla 155

9 **The Mood System**
   William N. Morris 169

10 **Emotions and Hedonic Experience**
   Nico H. Frijda 190

### PART III PERSONALITY AND INDIVIDUAL DIFFERENCES

11 **Personality and Subjective Well-Being**
   Ed Diener and Richard E. Lucas 213

12 **Life Task Participation and Well-Being: The Importance of Taking Part in Daily Life**
   Nancy Cantor and Catherine A. Sanderson 230

13 **Self-Regulation and Quality of Life: Emotional and Non-Emotional Life Experiences**
   E. Tory Higgins, Heidi Grant, and James Shah 244

14 **Disturbances in Emotion**
   Howard Berenbaum, Chitra Raghavan, Huynh-Nhu Le, Laura Vernon, and Jose Gomez 267

15 **Personal Control and Well-Being**
   Christopher Peterson 288

16 **Hedonic Adaptation**
   Shane Frederick and George Loewenstein 302

17 **Gender Differences in Well-Being**
   Susan Nolen-Hoeksema and Cheryl L. Rusting 330

### PART IV THE SOCIAL CONTEXT

18 **Causes and Correlates of Happiness**
   Michael Argyle 353

19 **Close Relationships and Quality of Life**
   David G. Myers 374

20 **Well-Being and the Workplace**
   Peter Warr 392

21 **The Measurement of Welfare and Well-Being: The Leyden Approach**
   Bernard M. S. van Praag and Paul Frijters 413
vi  Contents

22  National Differences in Subjective Well-Being
    Ed Diener and Eunkook Mark Suh  434

PART V  BIOLOGICAL PERSPECTIVES

23  The Physiology and Pathophysiology of Unhappiness
    Robert M. Sapolsky  453

24  The Psychophysiology of Utility Appraisals
    Tiffany A. Ito and John T. Cacioppo  470

25  Can Neurobiology Tell Us Anything About Human Feelings?
    Joseph LeDoux and Jorge Armony  489

26  On the Neural Computation of Utility: Implications from Studies of Brain Stimulation Reward
    Peter Shizgal  500

27  Pleasure, Pain, Desire, and Dread: Hidden Core Processes of Emotion
    Kent C. Berridge  525

28  Neural Systems for Reinforcement and Inhibition of Behavior: Relevance to Eating, Addiction, and Depression
    Bartley G. Hoebel, Pedro V. Rada, Gregory P. Mark, and Emmanuel N. Pothos  558

Contributors  573

Index  575