



The Psychology of Happiness

By Michael Argyle

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What is happiness? Why are some people happier than others?

This new edition of *The Psychology of Happiness* provides a comprehensive and up-to-date account of research into the nature of happiness. Major research developments have occurred since publication of the first edition in 1987 – here they are brought together for the first time, often with surprising conclusions.

Drawing on research from the disciplines of sociology, physiology and economics as well as psychology, Michael Argyle explores the nature of positive and negative emotions, and the psychological and cognitive processes involved in their generation. Accessible and wide-ranging coverage is provided on key issues such as: the measurements and study of happiness, mental and physical health; the effect of friendship, marriage and other relationships on positive moods; happiness, mental and physical health; the effects of work, employment and leisure; and the effects of money, class and education. The importance of individual personality traits such as optimism, purpose in life, internal control and having the right kind of goals is also analysed. New to this edition is additional material on national differences, the role of humour, and the effect of religion. Are some countries happier than others? This is just one of the controversial issues addressed by the author along the way.

Finally the book discusses the practical application of research in this area, such as how happiness can be enhanced, and the effects of happiness on health, altruism and sociability. This definitive and thought-provoking work will be compulsive reading for students, researchers and the interested general reader

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Editorial Review

Review

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"This new edition is an excellent updated synthesis of the research in what has been a very successful area of advance in social psychology, due in no small measure to Michael Argyle's own work in the field." – W. Peter Robinson, Professor of Social Psychology, University of Bristol.

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"Michael Argyle's book gives an excellent broad overview of the scientific field of subjective well-being – the study of happiness, life satisfaction, and positive affect. Readers will discover many interesting, and even exciting, new facts about happiness. At the same time, this is not a difficult read... Argyle has done an outstanding job of introducing readers to an exciting new scientific field in the study of human behaviour." – Ed Diener, Professor of Psychology, University of Illinois.

About the Author

Michael Argyle is Emeritus Reader in Social Psychology at Oxford University, a Fellow of Wolfson College and Emeritus Professor of Psychology at Oxford Brookes University. He is the author of many books including: *The Social Psychology of Everyday Life* (1992), *The Psychology of Social Class* (1993), *The Psychology of Money* (1998) and *Psychology and Religion* (1999), all published by Routledge.

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