

CONTENTS

Contributors	viii
PART I	
Foundational Issues	1
1 Subjective Well-Being and Life Satisfaction: An Introduction to Conceptions, Theories, and Measures	3
<i>James E. Maddux</i>	
2 Social Neuroscience of Subjective Well-Being and Life Satisfaction	32
<i>Alex W. daSilva and Todd F. Heatherton</i>	
3 Cultural Differences in Subjective Well-Being: How and Why	50
<i>William Tov and Ze Ling Serene Nai</i>	
PART II	
Interpersonal Influences	75
4 Intimate Relations, Subjective Well-Being, and Health Behavior: Insights From a Dyadic Perspective	77
<i>Chloe O. Huelsnitz, Alexander J. Rothman, and Jeffrey A. Simpson</i>	

5	The Role of Friendships in Well-Being <i>Beverley Fehr and Cheryl Harasymchuk</i>	103
6	Leave Well Enough Alone? The Costs and Benefits of Solitude <i>Robert J. Coplan, John M. Zelenski, and Julie C. Bowker</i>	129
7	Forgiveness <i>Everett L. Worthington, Jr., Brandon J. Griffin, and Caitlin Provencher</i>	148
8	Humility <i>Everett L. Worthington, Jr., Don E. Davis, Joshua N. Hook, and Caitlin Provencher</i>	168
9	Helping and Well-Being: A Motivational Perspective <i>David A. Lishner and Eric L. Stocks</i>	184
10	Gratitude <i>Philip C. Watkins and Daniel Scheibe</i>	210
11	Social Comparison Processes <i>Pieterneel Dijkstra and Abraham P. Buunk</i>	230
12	Social Media Use and Well-Being <i>Jung-Hyun Kim</i>	253
13	The Social Psychology of Employee Well-Being: A Needs-Based Perspective <i>Nathan A. Bowling</i>	272
PART III		
Intrapersonal and Self-Related Influences		291
14	Meaning in Life in Context <i>Samantha J. Heintzelman</i>	293
15	The Impact of a Materialistic Value Orientation on Well-Being <i>Helga Dittmar and Megan Hurst</i>	311

- 16 Religion, Spirituality, and Well-Being 337
Joshua A. Wilt, Nick Stauner, and Julie J. Exline
- 17 Self-Presentation and Subjective Well-Being 355
James M. Tyler, Katherine E. Adams, and Peter Kearns
- 18 Self-Awareness, Hypo-Egoicism, and Psychological Well-Being 392
Mark R. Leary
- 19 Sexual Orientation and Well-Being 409
Adam W. Fingerhut
- 20 Motives, Goals, and Well-Being Throughout the Lifespan 432
Jutta Heckhausen and Joseph S. Kay

PART IV

Strategies for Enhancing Subjective Well-Being and Life Satisfaction 449

- 21 Positive Activity Interventions to Enhance Well-Being: Looking Through a Social Psychological Lens 451
Julia Revord, Lisa C. Walsh, and Sonja Lyubomirsky

- Index* 473