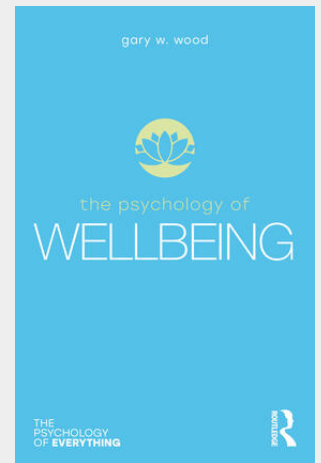


Wood

## The Psychology of Wellbeing

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How can we improve our sense of wellbeing? What explains the current wellbeing boom? What does wellbeing mean to you? The Psychology of Wellbeing offers readers tools to navigate their own wellbeing and understand what makes a 'good life'. Using self-reflection and storytelling, it explores how trust affects psychological and emotional wellbeing, considers how stress and inequality impact our psychological wellbeing, and how trends such as positive psychology influence our understanding of happiness. In a world where the 'wellness economy' is big business, The Psychology of Wellbeing shows how we can question and make sense of information sources, and sheds light on the wellness, self-care and self-help industry.



**17,00 €**

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Lieferfrist: bis zu 10 Tage

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