

A stylized illustration of a landscape. On the left, a green hill rises, and a winding path leads up to a tree whose canopy is shaped like a large heart. The background is a clear blue sky with a few white clouds. The overall tone is bright and positive.

SHDH2051

Positive Psychology in Daily Life

Tutorial 2

What is Well-being?

Editor: Sandy McMill / Journal: NCHS

Tutorial Positive Psychology

Xiang Xie



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