

A stylized illustration of a landscape. On the left, a green hill rises, topped with a tree whose canopy is a large, textured heart shape. A dark, winding path leads from the bottom left towards the heart-shaped tree. The background is a clear blue sky with a few white clouds. The overall style is soft and artistic.

SHDH2051

# Positive Psychology in Daily Life

Tutorial 2

## What is Well-being?

Author: Sandy McMill / Journal: Psychol

# Tutorial Positive Psychology

**Christopher Peterson**



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