

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 tree is a vibrant purple color. The background is a clear blue sky with a few wispy white clouds. The overall scene is bright and positive.

SHDH2051

Positive Psychology in Daily Life

Tutorial 2

What is Well-being?

Author: Sandy McMill / Journal: Psychol

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