

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 style is clean and modern, with a focus on positive imagery.

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Positive Psychology in Daily Life

Tutorial 2

What is Well-being?

Author: Sandy MCHILL / Journal: Psychol

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