

A stylized illustration of a landscape. On the left, a green hill rises, topped with a tree whose foliage is shaped like a large heart. A 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 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 McMill / Journal: NCHS

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