

Over the past 20 years Ed Diener has conducted scientific research on subjective well-being life satisfaction, pleasant emotions, meaning, and satisfaction with domains such as health and relationships. In this research he has developed and validated measures of well-being. The major focuses of the talk will be the causes of subjective well-being what makes people happy and satisfied and the consequences of well-being. In terms of outcomes of well-being, the lecture will describe the benefits to work, income, health, and relationships of high subjective well-being. Finally, a national index of well-being to guide policy makers will be briefly described.