

Cambridge University Press

978-0-521-19130-2 - The Psychology of Happiness: A Good Human Life

Samuel S. Franklin

Table of Contents

[More information](#)

CONTENTS

<i>Preface</i>	<i>page ix</i>
1 What Is Happiness?	1
2 Happiness as Fulfillment	13
3 Aristotle's Ethics	17
4 Actualization: Psychological Views	28
5 Finding Potentials	43
6 The Things We Need to Be Happy: Goods, Intrinsic Motivation, and The Golden Mean	53
7 Introduction to Virtue	67
8 Some of the More Important Moral Virtues	74
9 Virtue and Emotion	86
10 Early Psychological Views of Virtue and Emotion	95
11 Virtue and Emotion: Recent Psychological Views	102
12 The Physiological Basis of Virtue	115
13 Emotional Intelligence	121
14 The Development of Virtue	128

Cambridge University Press

978-0-521-19130-2 - The Psychology of Happiness: A Good Human Life

Samuel S. Franklin

[Table of Contents](#)[More information](#)

viii

Contents

15	Psychological Views of Virtue Development	133
16	The Polis	149
17	Contemplation: A Different Kind of Happiness	158
	<i>References</i>	169
	<i>Index</i>	177