

Cambridge University Press & Assessment

978-1-108-71160-9 — Beyond Virtue

Liz Jackson

Table of Contents

[More Information](#)

## Contents

|  |                 |
|--|-----------------|
| <i>Foreword</i>  | <i>page</i> vii |
| <i>Acknowledgements</i>                                    | xvii            |
| <b>1 Introduction</b>                                      | 1               |
| <b>2 Psychology and the Politics of Educating Emotions</b> | 23              |
| <b>3 Views of Emotions in Moral Philosophy</b>             | 50              |
| <b>4 Happiness, Eudemonia, and Well-Being</b>              | 76              |
| <b>5 Caring, Compassion, and Altruism</b>                  | 95              |
| <b>6 Gratitude</b>   | 114             |
| <b>7 Resilience and Mindfulness</b>                        | 132             |
| <b>8 Vulnerability, Courage, and Grit</b>                  | 149             |
| <b>9 Anger</b>   | 168             |
| <b>10 Sadness, Fear, and Anxiety</b>                       | 186             |
| <b>11 Conclusion</b>                                       | 204             |
| <br><i>References</i>                                      | <br>217         |
| <i>Index</i>   | 244             |