

PHIL 434 Issues in the Study of Happiness • Cathal Woods
Spring 2007
Calendar

KDS = Kahneman, Diener and Schwarz (edd.) *Well-Being: The Foundations of Hedonic Psychology*

Nettle = Nettle, D. *Happiness: The Science Behind Your Smile*

Week 1

- R 25 Introduction; A Plateau of Happiness, An Increase of Unhappiness
Layard Lecture 1 pp. 15-21 (layard1.pdf)
A Plateau of Happiness? NYTimes October 3, 2005 (countrieshappiness.jpg)

Week 2

- T 30 The Hedonic Treadmill: Overview, Comparison
Easterlin 'The Income-Happiness Relationship' (easterlinaspiration.pdf)
Layard Lecture 2 pp. 3-10 (layard2.pdf)

- R 1/2 The Hedonic Treadmill: Adaptation
Frederick and Loewenstein 'Hedonic Adaptation' in KDS
Easterlin 'A Puzzle for Adaptive Theory' (easterlinadaptation.pdf)

Week 3

- T 6 Affective Forecasting
Nettle pp. 33-44
Kahneman et al. in *Science* June 30, 2006 (SWBwealth.pdf)
Loewenstein and Schkade 'Wouldn't It Be Nice?' in KDS

- R 8 (continued)
Gilbert 'Miswanting' (GilbertMiswanting.pdf)
Gilbert Interview with Diane Rheem (gilbertrheem.ram)

Week 4

- T 13 Not Built for Happiness?
Nettle Chapters 5, 6, 7
- R 15 What is Happiness? History (Happiness vs. Morality)
McMahon 'From the happiness of virtue to the virtue of happiness'
(historyofhappiness.html)
White Chapter 5 (whitech5.pdf)
(see also the middle of Diener and Suh 'National Differences in Subjective Well-Being' in KDS)

Week 5

- T 20 What is Happiness? Pleasure, Authenticity
Huxley *Brave New World* pp. 1-63, 147-165
Nettle Introduction and Ch. 1 pp. 1-33
- R 22 What is Happiness? A Mongrel Concept

Haybron 'Two Philosophical Problems in the Study of Happiness'
(haybronconceptofhapp.pdf)
(see also Haybron 'Philosophy and the Science of SWB'
(haybronphiltheoriesofSWB.pdf))

Week 6

T 27 What is Happiness? A Mongrel Concept/ Measuring Satisfaction
Haybron 'Life Satisfaction, Ethical Reflection and the Science of Happiness'
(haybronsatisfactionhappiness.pdf)

R 1/3 How to Measure Happiness

Kahneman et al. 'Developments in the Measurement of SWB'
(kahnemanmeasuringSWB.pdf)

Week 7

T 6 (continued)
Schwarz and Strack 'Reports of Subjective Well-Being' in KDS

R 8 Factors Affecting Happiness: Survey

Nettle Ch. 3, 4
Argyle 'Causes and Correlates of Happiness' in KDS
Pew Research Center 'Are We Happy Yet?' (AreWeHappyYet.pdf)
Myers 'Secrets of Happiness' (myerssecretsofhappiness.html)

Week 8

T 13 Factors Affecting Happiness: Personality, Personal-Situational
Diener and Lucas 'Personality and Subjective Well-Being' in KDS

R 15 Personal-Situational

Myers 'Close Relationships and Quality of Life' in KDS
Schwartz 'Self-Determination: The Tyranny of Freedom' (schwartzself-determination.pdf)

[Spring Break]

Week 9

T 27 Employment-Situational
Warr 'Well-Being and the Workplace' in KDS
Spiesel 'Jolly Rogers: Why are British men healthier than American ones?'
(jobcontrol.rtf)

R 29 Economic

Norberg 'The Scientist's Pursuit of Happiness' (norbergfreesocieties.pdf)
Frey & Stutzer Ch. 4 (tobescanned.pdf)

Week 10

T 3/4 Economic: Consumerism
Schwartz, Lyubomirsky et al. 'Maximizing Versus Satisficing: Happiness Is a Matter of Choice' (schwartzmaximizing.pdf)

Schwartz et al. 'Is Freedom Just Another Word for Many Things to Buy?'
(schwartzchoice.pdf)

Frank 'The Gasoline-Powered Raise' (luxuryadaptation.doc)

Gross 'You're Not Rich, But Now You Can Fake It' (grossnewluxury.rtf)

R 5 Political Institutions/Participation

Inglehart and Klingermann 'Genes, Culture, Democracy and Happiness' (in
Deiner and Suh)

A Map of World Happiness (mapofworldhappiness.jpg)

Lane Chs. 11-13 or Frey and Stutzer Chs. 7, 8, 9 (tobedecided.pdf)

Week 11

T 10 Is Improvement Possible? The Set Point

Lyubomirsky 'Achieving Sustainable New Happiness: Prospects, Practices, and
Prescriptions' (lyubhappinessoverview.pdf)

Lykken Excerpt (tobescanned.pdf)

Seligman-Pinker Correspondence (seligmanpinker.rtf)

Bonus:

Easterlin 'The Economics of Happiness' (easterlinsetpoint.pdf)

Lyubomirsky interview with Caroline Miller (2006-12-15_sonja_lyubomirsky_-
_december_13,_2006.mp3)

R 12 Making Changes Permanent? Brain Plasticity

Wade 'So what do you have to do to be happy?' (timeshappiness.rtf)

Lehrer 'The Reinvention of the Self' (neurogenesis.rtf)

Klein Chapter 4 (kleinch4.pdf)

Week 12

T 17 Positive Psychology

Haidt 'How To Become Happier' (haidt5steps.html)

Seligman 'Positive Psychology, Positive Prevention, and Positive Therapy'
(seligmanPosPsy.rtf)

Peterson and Seligman 'Introduction' (virtues.pdf)

Linley et al. 'Positive Psychology: Past, Present and (possible) Future'
(whatispospsy.pdf)

Barbara Frederickson interview with Caroline Miller (2006-12-
06_barbara_fredrickson_december_5_2006.mp3)

R 19 Positive Psychology – Criticisms

Handler '20 Weeks to Happiness' (handler.rtf)

Norem 'Presentation' (Norempessimism.pdf)

Brown 'The Paradoxical Power of Negative Emotions for Positive Psychology'
(brownnegativevirtues.doc)

Haidt 'It's more fun to work on strengths than weaknesses (but it may not be
better for you)' (haidtstrengthsanalysis.doc)

Schwartz and Sharpe 'Practical Wisdom: Aristotle meets Positive Psychology'
(schwartzaripospsy.pdf)

Week 13

- T 24 Happiness as a Political Goal
Diener & Seligman 'Beyond Money' (dienerseligmaneconomicpolicy.pdf)
Frey & Stutzer 'Should National Happiness Be Maximized?'
(freymaximizehappiness.pdf)
Schwartz 'Reply to McMahon' (schwartzpoliticalgoal.pdf)
Wilkinson 'Reply to McMahon' (wilkinsonpoliticalgoal.pdf)
- R 26 Happiness-Directed Social Policies
Layard 'Lecture 3' (layard3.pdf)
Geoghegan 'We Are All Waiters Now' (happinesstax.html)
Herrera 'Zen and the Art of Happiness' *Ode Magazine*
[Priesner 'Gross National Happiness: Bhutan's Vision of Development and its
Challenges' (priesnergrossnathap.pdf)]

Week 14

- T 1/5 European Welfare States
Norberg 'Swedish Models' (norbergswedishmodels.rtf)
Kaiser 'In Finland's Footsteps' (happinessfinland.rtf)
Shea 'Vive la Welfare State!' (eurooptimism.html)