



## Adaptation and Well-Being: Meeting the Challenges of Life (Paperback)

By Knud S. Larsen

Taylor Francis Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. According to Leo Tolstoy s famous statement all happy families are alike, each unhappy family is unhappy in its own way . Knud Larsen in his book on human happiness proves the opposite. Summarizing the classical and recent research in successful human adaptation, adjustment and well-being of the soul and body he shows the many faces of individual human happiness. Moreover, the book opens the perspective into the directions of social, cultural and biological evolution. What I like most in the book, is its usefulness. Knud has many practical pieces of advice suggesting that we can improve our well-being if we try. I wish Anna Karenina had read this well-conceived, well written text. , Gyorgy Csepeli, Professor of Social Psychology, Chair of the Interdisciplinary Social Research Program of the Doctoral School of the Faculty of Social Science at ELTE, Senior Research Fellow of the Institute of Advanced Studies at Koszeg (iASK) This unique, reader-friendly volume covers psychological aspects of successful living with such diversity and depth that I have not encountered hitherto. It is essential reading for psychology undergraduates as well as more seasoned academics...

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