Contents

Preface ix

Part One: The Definition and Measurement of Psychological Wealth 1
  1 What is Psychological Wealth? 3
  2 The Measurement of Psychological Wealth 18

Part Two: The Psychological Wealth of Individuals 35
  3 The Material and Psychological Wealth of Individuals 37
  4 Relational and Psychological Wealth 57
  5 Personality and Psychological Wealth 73
  6 Interventions in Psychological Wealth 91
  7 The Benefits of Psychological Wealth 103
  8 Optimal Levels of Psychological Wealth: Is More Always Better? 126

Part Three: The Psychological Wealth of Society 135
  9 What is a Good Society? 137
  10 Material Wealth and Psychological Wealth of Nations 145
Contents

11 Psychological Wealth of Nations Beyond Money 159
12 Happy Individuals, Happy Society? 173

Part Four:  Epilogue 183
13 Summary and Conclusion 185

References 192
Name Index 232
Subject Index 243