

# Contents

<b>1 Introduction: Looking at Quality of Life and Well-Being from a Positive Psychology Perspective . . . . .</b>	<b>1</b>
Anastasia Efklides and Despina Moraitou	
<b>Part I Quality of Life, Well-Being, and Positive Psychology</b>	
<b>2 Hierarchical Needs, Income Comparisons, and Happiness Levels . . . . .</b>	<b>17</b>
Stavros A. Drakopoulos	
<b>3 Goals and Plans: Their Relationship to Well-Being . . . . .</b>	<b>33</b>
Andrew MacLeod	
<b>4 Living in Accordance with One's Implicit Motives: Cross-Cultural Evidence for Beneficial Effects of Motive-Goal Congruence and Motive Satisfaction . . . . .</b>	<b>51</b>
Jan Hofer and Holger Busch	
<b>5 Positive Psychology and Subjective Well-Being Homeostasis: A Critical Examination of Congruence . . . . .</b>	<b>67</b>
Robert A. Cummins	
<b>6 Life Satisfaction in Adults: The Effect of Religiosity, Worry, and Perceived Physical Health State . . . . .</b>	<b>87</b>
Maria Platsidou	
<b>7 Altruism and Health: Theoretical Perspectives . . . . .</b>	<b>107</b>
Carolyn E. Schwartz, Brian R. Quaranto, and Kurt Gray	
<b>8 Marital Quality and Well-Being: The Role of Gender, Marital Duration, Social Support and Cultural Context . . . . .</b>	<b>125</b>
Eleni Pateraki and Pagona Roussi	

## Part II Positive Psychology and Human Strengths

<b>9</b>	<b>The Role of Dispositional Optimism in Physical and Mental Well-Being . . . . .</b>	<b>149</b>
	Nathaly Rius-Ottenheim, Roos C. van der Mast, Frans G. Zitman, and Erik J. Giltay	
<b>10</b>	<b>The Relation of Optimism to Cardiac Patients' Subjective Health Through Illness Representations: Does the Level of Optimism Matter? . . . . .</b>	<b>175</b>
	Evangelos C. Karademas, Elvise-Foteini Frokkai, Evangelia Tsotra, and Rania Papazachariou	
<b>11</b>	<b>Wise Thinking, Hopeful Thinking, and Positive Aging: Reciprocal Relations of Wisdom, Hope, Memory, and Affect in Young, Middle-Aged, and Older Adults . . . . .</b>	<b>189</b>
	Despina Moraitou and Anastasia Efklides	
<b>12</b>	<b>Dispositional Hope and Action-State Orientation: Their Role in Self-Regulated Learning . . . . .</b>	<b>219</b>
	Georgia Papantoniou, Despina Moraitou, Magda Dinou, and Effie Katsadima	
<b>13</b>	<b>One Ingredient in the Mix: Interest and Psychological Well-Being . . . . .</b>	<b>243</b>
	Mary Ainley	
<b>14</b>	<b>From Burnout to Engagement During Transition from School to Work . . . . .</b>	<b>259</b>
	Katariina Salmela-Aro	
<b>15</b>	<b>A Comparative Study of Resilience in Greece and Cyprus: The Effects of Negative Life Events, Self-Efficacy, and Social Support on Mental Health . . . . .</b>	<b>273</b>
	Sophie Leontopoulou	
	<b>Index . . . . .</b>	<b>295</b>