

Contents

1	Introduction: The Struggle for Happiness and Autonomy in Cultural and Personal Contexts: An Overview	1
	Valery I. Chirkov, Kennon M. Sheldon, and Richard M. Ryan	
Part I A Theoretical Context of Human Autonomy, People's Well-Being, and Happiness		
2	Positive Psychology and Self-Determination Theory: A Natural Interface	33
	Kennon M. Sheldon and Richard M. Ryan	
3	A Self-Determination Theory Perspective on Social, Institutional, Cultural, and Economic Supports for Autonomy and Their Importance for Well-Being	45
	Richard M. Ryan and Edward L. Deci	
4	Dialectical Relationships Among Human Autonomy, the Brain, and Culture	65
	Valery I. Chirkov	
Part II Human Autonomy Across Cultures and Domains of Life: Health, Education, Interpersonal Relationships, and Work		
5	The Role of Autonomy in Promoting Healthy Dyadic, Familial, and Parenting Relationships Across Cultures	95
	C. Raymond Knee and Ahmet Uysal	
6	Do Social Institutions Necessarily Suppress Individuals' Need for Autonomy? The Possibility of Schools as Autonomy-Promoting Contexts Across the Globe	111
	Johnmarshall Reeve and Avi Assor	
7	Physical Wellness, Health Care, and Personal Autonomy	133
	Geoffrey C. Williams, Pedro J. Teixeira, Eliana V. Carraça, and Ken Resnicow	

8	Autonomy in the Workplace: An Essential Ingredient to Employee Engagement and Well-Being in Every Culture	163
	Marylène Gagné and Devasheesh Bhave	
Part III Human Autonomy in Modern Economy, Democracy Development, and Sustainability		
9	Capitalism and Autonomy	191
	Tim Kasser	
10	Economy, People’s Personal Autonomy, and Well-Being	207
	Maurizio Pugno	
11	The Development of Conceptions of Personal Autonomy, Rights, and Democracy, and Their Relation to Psychological Well-Being	241
	Charles C. Helwig and Justin McNeil	
12	Personal Autonomy and Environmental Sustainability	257
	Luc G. Pelletier, Daniel Baxter, and Veronika Huta	
	Index	279