



Well-Being: Positive Development Across the Life Course (Crosscurrents in Contemporary Psychology Series)

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This volume derived from original presentations given at a conference in Atlanta, Georgia, under the auspices of the Center for Child Well-Being. Scholars, practitioners, public health professionals, and principals in the child development community convened to address a science-based framework for elements of well-being and how the elements might be developed across the life course.

Integrating physical, cognitive, and social-emotional domains, *Well-Being* is the first scientific book to consider well-being holistically. Focusing on a set of core strengths grouped within these three domains, the book also includes a fourth section on developmental strengths through adulthood that broadly examines a continuum of health and development, as well as transitions in well-being. This volume takes a developmental perspective across the life course, describing foundational strengths for well-being--the capacities that can be actively developed, supported, or learned. These foundational strengths--problem solving, emotional regulation, and physical safety--are the positive underpinnings of early child health and development, as well as ongoing well-being across the life course. Working together and blending their respective disciplinary perspectives and expertise, 53 experts in psychology, sociology, child development, and medicine have contributed to the book.

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Editorial Review

Review

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—Adolescence

This book provides a comprehensive review of relevant research within the context of well-being. Such a review is an impressive task, and the authors take into account findings from up-to-date research....This book is strongly recommended to researchers interested in studying well-being, and to practitioners in the sectors of developmental psychology, education and social policies. The great range of topics covered, the complex and broad picture provided, and the ideas about paths to continue or to leave are however especially relevant for readers with sufficient theoretical and methodological sophistication.

—ICD

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