

Contents

1 Classic Wisdom About Ways to Happiness: How Does It Apply Today?	1
1.1 Introduction	1
1.2 Classic Views on Ways to Happiness	3
1.3 How to Assess Applicability Today?	5
1.4 Results of Applicability Checks	8
1.4.1 Way of the Warrior	8
1.4.2 Way of the Merchant	9
1.4.3 Way of the Philosopher	9
1.4.4 Way of the Peasant	9
1.4.5 Way of the Monk	10
1.4.6 In Sum	10
1.5 More Appropriate in the Past?	11
1.6 Conclusion	11
References	12
2 More Terminological and Methodological Problems in Measuring Happiness, Life Satisfaction and Well-Being: Some First Empirical Results.	13
2.1 Introduction	13
2.2 Terminological Problems	13
2.3 Methodological Problems	14
2.4 A Research on Happiness, Life Satisfaction and Well-Being in Piedmont	17
2.5 Some First Results	18
2.6 Conclusions	20
References	20
3 Happiness-Freedom: Who Suffers? From <i>Dukkha</i> to <i>Samadhi</i>.	23
Reference	31

4 Happiness, Dharma and Economics 33

4.1 Introduction 33

4.2 Sanatana Dharma and Swadharma 35

4.3 Dharma and Mainstream Economics 38

4.4 Happiness, Dharma and Economic Policies. 40

References 44

**5 Happiness Is an Art of Living: Towards a Contemplative
Perspective on Economy as Relational Work 51**

5.1 Introduction 51

5.2 Traditions of Wisdom and Contemplative
Knowledge/Practices Today 52

5.2.1 On Methods and Methodologies 55

5.2.2 The Affective Base of Choice and the Function of Attention . . . 56

5.3 Economy as Relational Work 59

5.3.1 Sharing Meanings 62

5.4 Towards the Homo Sentiens Model: Greater Wisdom
for a Greater Number 62

5.4.1 It’s Not All About ‘Character’: Opening the Black Box 65

5.4.2 Contemplative Work: The Art of Dealing with Suffering . . . 67

References 70

About the Authors 73



<http://www.springer.com/978-3-319-04743-0>

The Pursuit of Happiness and the Traditions of Wisdom

Giorgino, V.M.B.

2014, XVI, 74 p. 2 illus., Softcover

ISBN: 978-3-319-04743-0