

Meaning Conference 2021: Summit on Global Wellbeing and Honouring Ed Diener

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Remembering Ed Diener: Father of Subjective Wellbeing

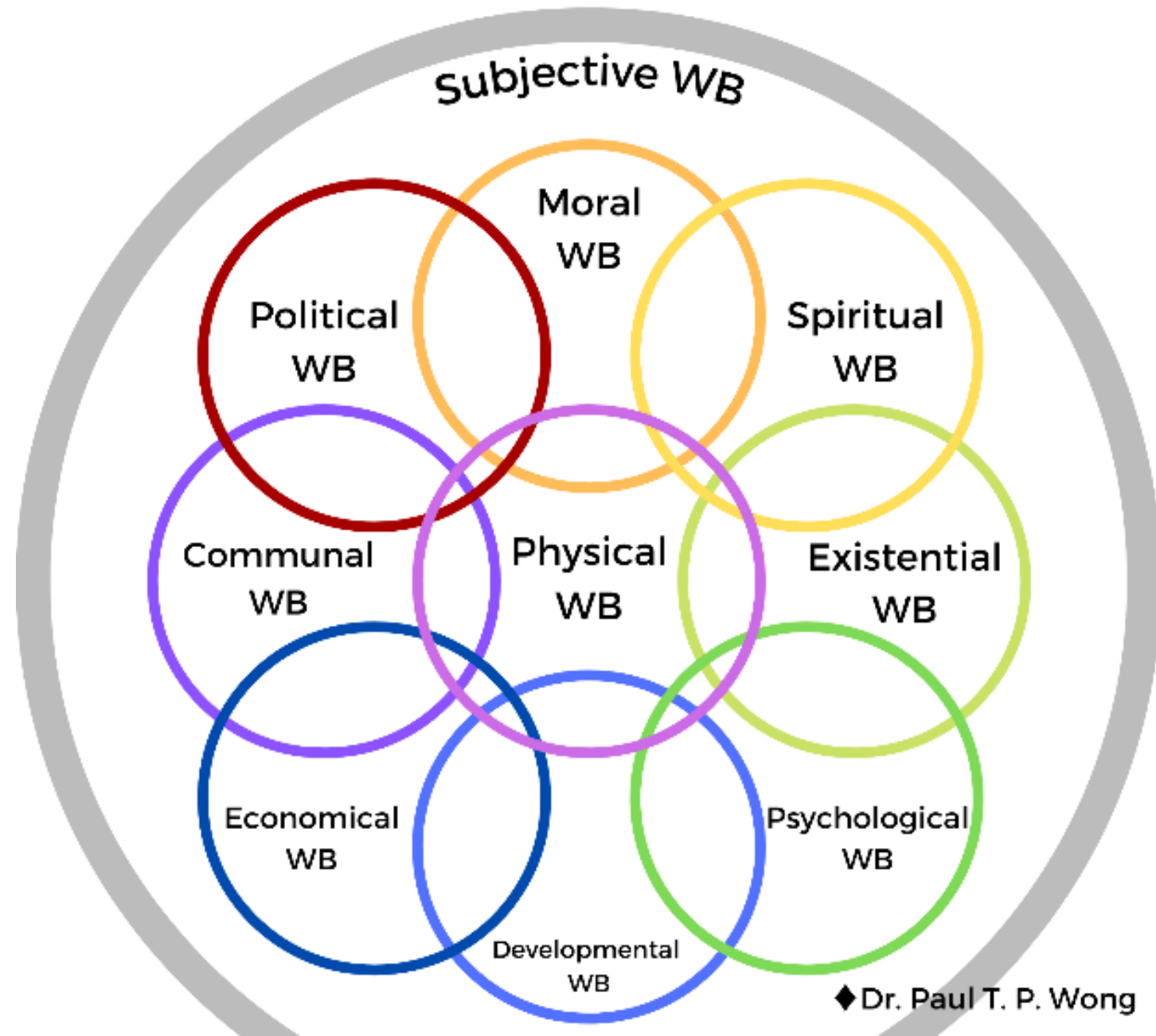
Ed Diener (1946-2021)



The universality of Subjective Wellbeing (SWB)

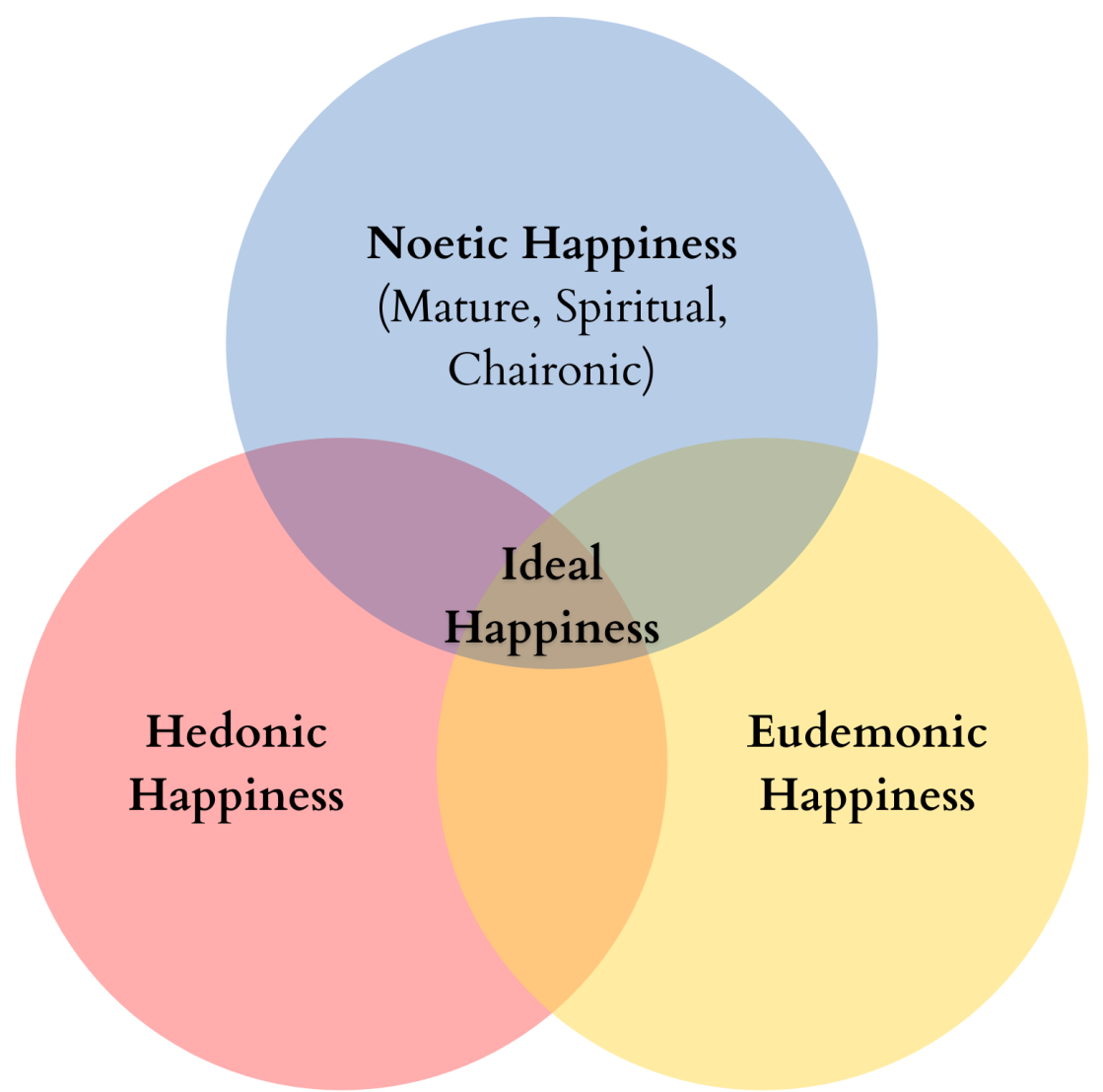
- There are different kinds of wellbeing, but they all include a component of Subjective Wellbeing (SWB)
- There are all correlated with SWB, but they are still distinct.

Different Types of Wellbeing (WB)



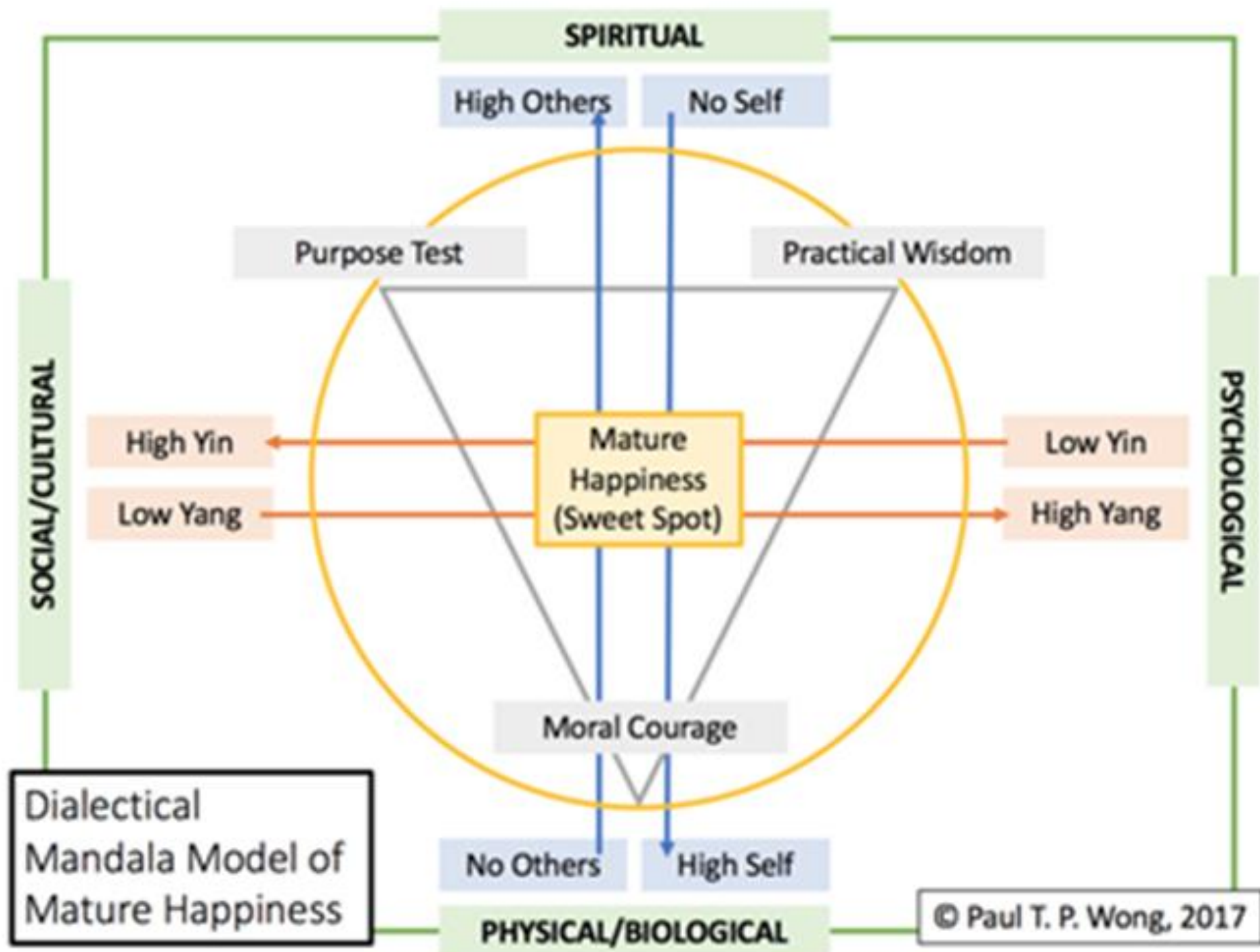
Three major types of Happiness

- There are cultural differences in preferences for different types of happiness.
- There are contextual differences that favors different kinds of happiness.
- In times of suffering, calm-based mature happiness may be most relevant.



Three Main Types of Happiness
for All Seasons of Life in All Cultures

◆ Dr. Paul T. P. Wong



PP 2.0

- According to existential positive psychology (PP 2.0), one needs to navigate a dynamic balance between positive and negative conditions.

