

CONTENTS

About the Author	vii
Foreword, by Richard Taylor, Ph.D.	ix
Preface to the Revised Edition	xi
Acknowledgments	xiii
Prologue	1
Chapter 1 A Brief History of the Experiential Model	9
Chapter 2 The What and Why of Well-Being	23
Chapter 3 Identity	37
Chapter 4 Connectedness	63
Chapter 5 Security	97
Chapter 6 Autonomy	135
Chapter 7 Meaning	173
Chapter 8 Growth	207
Chapter 9 Joy	233
Chapter 10 The Experiential Pathway to Well-Being: A Well-Being Approach	249
Chapter 11 Dementia and Aging in the Twenty-First Century: Reframing (and Reclaiming) Hope	269
References	285
Resources	291
Index	293