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Joar Vittersø  
Editor

# Handbook of Eudaimonic Well-Being

 Springer

*Editor*  
Joar Vittersø  
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Tromsø, Norway

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*I dedicate this volume to my wife, Astrid Musland, for her enduring love and support. Thank you.*

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The idea of this handbook originated in my office, some years ago, when Professor Joe Sirgy was visiting Tromsø, in conjunction with our Northern Insights work, funded by the Research Council of Norway. We had not seen each other for quite a while and had a lot to catch up on. During our conversation, the word *eudaimonia* kept popping up, and at some point, Joe proposed that the time might have come for a handbook on eudaimonic well-being. I am very grateful to Joe for this idea and for the everlasting enthusiasm he dedicates to the science of well-being. Without it, this book would not have been realized (at least not in its current form).

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