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Happiness: Hedonic and Eudemonic Perspectives and Dynamics

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Abstract

The aim of this paper is to review hedonic and eudemonic perspectives of happiness in order to inquire happiness as a multidimensional construct. In doing so, irrespective of philosophical deviations, we recognize possibilities of complementing hedonic and eudemonic variables of happiness in order to explain deep roots of the construct. Further, we observe a dynamic relationship between certain explicit and implicit variables and life happiness.

Keywords: Happiness, Hedonism, Eudemonism