

Book Review

Happiness and Quality of Life

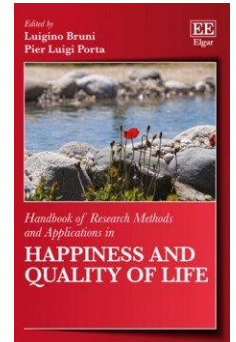
A Review of Handbook of Research Methods and Applications

Edited by Luigino Bruni and Pier Luigi Porta - Published April 2016

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The book titled with strong statement, offering a thorough assessment of the recent developments in the socio-economic literature on Happiness and Quality of Life (H &QoL). This handbook consider both methods of estimation and policy application.

Bruni and Porta (2016) managed to constructively put critical review approach that emphasises the H &QoL integral impact on recent socio-economical conditions. The book is divided in two main parts, the first part covers Quality of Life (QoL) and second part about Happiness (H). In first part the authors covers the terms of 'quality-of-life' and 'happiness' and there different meanings.

In this review we shall focus only on part one, i.e. Quality of Life topics. The QoL is covered from point of view of level of culture and media, the way the community deals with inequality, the relational and emotional side of human life, and its impact on both hedonic and eudemonic well-being.

The QoL review by Bruni and Porta (2016) shown the relational and emotional side of human life, including the subjective indicators of well-being, besides the genetic and environmental contributions to life satisfaction and how it eventually impact culture, fine arts and new media. The review show that quality of life cannot be measured comprehensively. The most comprehensive measure of quality of life is how long and happily people live.

The editors and supported by the chapters authors tried to explain the movement by economics from slandered indicators such as GDP, wellbeing, happiness and quality of life. The relation between QoL and Human Development Indicator (HDI). The research shows how variables such as income, wealth or employment were used as an element and evidence to measure H &QoL in several countries. The collection of these measures show the "wealth into weal" and how it can be measured through different methodological ways.

The book is written in interesting way and moves from history of the concepts to how it is today and how it can be measured, it was not limiting in explanation in one country or on few concept or indicators. It even took the concept from different perspectives through participation of economist, sociologist and psychologist.

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Even though for experts and specialists in both H & QoL this book may not contribute lots of new information to them, we can claim it is written for technical and non-technical and cover a field of study which is increasingly common. The book is easy to read and follow for people who want to know about H & QL. We believe that this Handbook carries lots of implications in the future research and possible applications of both H & QoL.