



**Wellbeing: A Complete Reference Guide,  
Interventions and Policies to Enhance Wellbeing  
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Using an evidence-based approach and case studies from a wide range of life domains, *Interventions and Policies to Enhance Wellbeing* examines the most successful existing strategies to promote wellbeing and mental health.

- Discusses the results of the latest research in the science of wellbeing and their implications for improved learning, creativity, productivity, relationships, and health
- Covers interventions for individuals across the lifespan, as well as those for organizations, communities, and entire populations
- Looks at policy initiatives and approaches with a focus on the integration of new technology and the role of the media
- Part of the six-volume *Wellbeing: A Complete Reference Guide*, which brings together leading research from across the social sciences

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