

TABLE OF CONTENTS

Foreword *by Richard Taylor, Ph.D.*

Preface

1. A Brief History of the Experiential Model
2. The What and Why of Well-Being
3. Identity
4. Connectedness
5. Security
6. Autonomy
7. Meaning
8. Growth
9. Joy
10. A Well-Being Approach
11. Dementia and Aging in the 21st Century: Reframing (and Reclaiming) Hope

References

Index