

CONTENTS

Introduction, xv

1. A Brief Philosophy of Well-Being, 1
 - The Basic Triad of Human Needs, 1
 - How Can We Be Happy? 4
 - Aristotle's Errors, 6
 - The Way of Positive Philosophers, 9
 - The Way of Negative Philosophers, 13
 - The Way of Humanists, 19
 - What Makes Life Stressful? 26

2. The Search for an Adequate Psychology, 35
 - The Essential Questions of Psychology, 35
 - Human Personality as Temperament, 39
 - Human Personality as Self, 44
 - Human Personality as Coherence of Being, 50
 - The Transcendental Phenomena of Development, 60

3. The Measurement and Movement of Human Thought, 79
 - The Path of the Psyche, 79
 - Experiencing the Stages of Self-Aware Consciousness, 84

- Description and Measurement of Thought, 95
- Movement of Thought in Time, 114
- Brain Regulation of Attention and Affect, 119
- The Spiral Path of Consciousness, 122

- 4. The Social Psychology of Transcendentalism, 137
 - The Cultural Atmosphere of Early America, 137
 - Emerson and the American Transcendentalist Movement, 143
 - Measuring Emerson's Thoughts, 151
 - Reliability and Validity of Measuring Thought, 154
 - Measuring Emerson's Social Relations, 157
 - The Development of Thoreau, 175
 - The Significance of the Transcendentalists, 184
 - Conclusions about Thought and Social Relations, 186

- 5. Psychophysical Theories of Contemplation, 189
 - The Prevalence of Contemplative Thought, 189
 - The Stages of Understanding Causality and Consciousness, 191
 - Explanatory Level of Causal Theories, 198
 - Facilitating Contemplative Experience, 200
 - Description of Contemplative Thought, 202
 - Quantum-like Nature of Insight and Giftedness, 208

- 6. Psychophysiology of Awareness, 231
 - The Biopsychosocial Approach, 231
 - Testing the Stepwise Nature of Development, 234
 - The Psychophysiology of the Steps in Thought, 239
 - The Global Brain Energy State, 247
 - Psychophysiology of the Stages of Consciousness, 249
 - Psychosomatic Effects of Meditation, 254
 - Degeneracy of Reductive Paradigms, 260

- 7. The Epigenetic Revolution, 269
 - The Significance for Psychobiology, 269
 - Early Theories of Development and Evolution, 272
 - Epigenetic Mechanisms of Molecular Memory, 278
 - The Inheritance of Epigenetic Effects, 283
 - Comparative Genomics and Evolution, 286
 - The Epigenetics of Personality, 290
 - Evolution of Creativity in Modern Human Beings, 303

8. The Irreducible Triad of Well-Being, 313
The Hierarchy of Life Systems, 313
The Dynamics of Biopsychosocial Systems, 319
The Topology and Functions of the Human Psyche, 321
The Noncausal Nature of Human Creativity, 329
Implications for the Future, 343
Appendix: The Quantitative Measurement of Thought, 353
Index, 359