



Universität Zürich

Psychologisches Institut, Persönlichkeitspsychologie und Diagnostik

Einladung zum Vortrag von



Dr. Nick Baylis

Department of Social and Developmental Psychology,
University of Cambridge, England

Thema: What can we learn from studying wonderful lives?

Tag: 22. Dezember 2005

Zeit: 10-12 h

Ort: Treichlerstrasse 10, DOL F14

Email: n.baylis@virgin.net

URL: <http://www.nickbaylis.com/>

Zusammenfassung / Summary of talk

Dr. Nick Baylis will explain in simple terms some of the principles, methodologies and practical findings of the new science of well-being that he has helped create in the UK ... a field that he describes as 'the study of lives that go well, i.e. wonderful lives!'. His themes will include the role of physical exercise for mental good health, and how the brain can help our body. He will talk about the development of expertise and high performance, the vital need to study whole lifetimes and how, if we are to achieve profound and sustainable progress in our lives, we do need the conscious and subconscious levels of our mind to work in harmony towards the same goals. (Hypnosis can help here.) Nick will also argue that the pursuit of happiness is absolutely not enough for a life well-lived. Happiness is only one part of a much larger cake. He will explain how the painful emotions of anger, fear, shame, loneliness and regret have the potential to play an extremely benevolent, useful and energising role in self-motivating and guiding our lives. By contrast, the problematic role of technology in our modern lifestyles will also be considered and remedies suggested. Nick's lecture (in English) will, he hopes, be understandable for students and faculty at all university levels and from all backgrounds, because all will be welcome! He will also aspire to a sense of joie de vivre in the presentation.

Relevante Literatur / Relevant publications

Baylis, N. (2005). *Learning from Wonderful Lives: lessons from the study of well-being*. Cambridge Well-Being Books.

Biographie /Short bio

Dr Nick Baylis lectures 'positive psychology & the science of well-being' at Cambridge University's Department of Social and Developmental Psychology, since 2001. Nick personally defines the science of well-being as 'the study of lives that go well' ... and by that he means happy, healthy, helpful and good-hearted lives ... that benefit not only the individual, but those among whom they live and work. He was co-organiser of the first ever 'Royal Society of London' conference on the science of well-being in 2003, and is co-author of *The Science of Well-Being* (Huppert, Baylis and Keverne, Oxford University Press, 2005). He takes a wholistic, multi-disciplinary approach. Nick is also a practising one-to-one psychotherapist who also gives lectures to schools, hospitals and major institutions about how to improve quality of life. Nick recently completed a two year, 104 columns for *The Times Magazine* writing a weekly piece as Dr FeelGood on the Science of Happiness.