

Contents

Foreword	v
---------------------------	----------

Introduction

Life goals and well-being: To the frontiers of life goal research	1
<i>Peter Schmuck and Kennon M. Sheldon</i>	

Part One: Goal Perceptions and Well-Being

The self-concordance model of healthy goal striving: When personal goals correctly represent the person	18
<i>Kennon M. Sheldon</i>	
Person/society value congruence and well-being: The role of acculturation strategies	37
<i>Claudia Stromberg and Klaus Boehnke</i>	
Future time perspective and subjective well-being in adolescent samples	58
<i>Zbigniew Zaleski, Anna Cycoń and Alexandre Kurc</i>	

Part Two: Goal Content and Well-Being

Agency- and communion-orientation in life goals: Impacts on goal pursuit strategies and psychological well-being	68
<i>Karin Pöhlmann</i>	
Values and well-being: The mediating role of worries	85
<i>Klaus Boehnke, Daniel Fuß and Mandy Rupf</i>	
Aspirations and well-being in old age	102
<i>Sylvie Lapierre, Léandre Bouffard, Micheline Dubé, Réal Labelle and Étienne Bastin</i>	

Be careful what you wish for: Optimal functioning and the relative attainment of intrinsic and extrinsic goals	116
<i>Tim Kasser and Richard M. Ryan</i>	
Intrinsic and extrinsic life goals preferences as measured via inventories and via priming methodologies: Mean differences and relations with well-being . . .	132
<i>Peter Schmuck</i>	
Self-focused goals: What they are, how they function, and how they relate to well-being	148
<i>Katariina Salmela-Aro, Riikka Pennanen and Jari-Erik Nurmi</i>	
Life values and mental health in adolescence	167
<i>Patricia Cohen and Jacob Cohen</i>	
Part Three: Ecological Goals and Well-Being	
The relationship between “protecting the environment” as a dominant life goal and subjective well-being	182
<i>Swantje Eigner</i>	
Eco-activism and well-being: Between <i>flow</i> and <i>burnout</i>	202
<i>Sven Sohr</i>	
Conclusion	
Suggestions for healthy goal striving	216
<i>Kennon M. Sheldon and Peter Schmuck</i>	