

# **"Varieties of Well-Being and Biology: Understanding the Neurophysiology of Human Flourishing"**

Here is an abstract: Conceptions of eudaimonic and hedonic well-being will be presented, and the sociodemographic distribution of well-being (by age, gender, socioeconomic status) will be briefly reviewed. Beyond the fact that well-being feels good, does it matter for biology and health? Empirical findings regarding the correlates of eudaimonic and hedonic well-being with neuroendocrine factors (stress hormones), cardiovascular risk factors, immune markers, and neural circuitry will be presented. Across these analyses, there is recurrent evidence that eudaimonic well-being is more strongly instantiated in biology than is hedonic well-being. Those who possess high levels of life purpose have lower levels of stress hormones, inflammation markers, cardiovascular risk, and they show an adaptive pattern of cerebral activation. Policy implications of the need to promote the greatest amount of purpose for the greatest number of people will be noted.