

## Get your Wellbeing Reading List from BEST and the Global WWP Experts

BEST's Tony Beaton is on the management committee of **The World Wellbeing Panel (WWP)**, which promotes wellbeing as the ultimate purpose of all major decision makers, particularly government. In December 2021 we asked the fifty [World Wellbeing Panel \(WWP\)](#) panelists to nominate 5 relevant papers in the wellbeing literature that they believed should be added to our Wellbeing Reading List. The nominations are in, and from now until the end of 2022, we will disclose the 24 most-nominated papers. Papers will be revealed two at a time, starting with those that had the fewest WWP Panel nominations and the most citations, per Google Scholar, in 2021. Please use the hashtag [#WellbeingReadingList](#) on social media to share and comment on the papers.

### December 2021

The 23<sup>rd</sup> and 24<sup>th</sup> papers in the Wellbeing Reading List were written by three psychologists. The 24<sup>th</sup> paper was written in 1989, a time in which the use of self-reported happiness was yet not widespread in social sciences.

23.

Ryan, R. M., & Deci, E. L. (2000). [Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being](#). *American Psychologist*, 55, 68-78.

Total Google Scholar citations in 2021: 48,388

This paper focuses on psychological health and examines the factors that enhance (rather than undermine) intrinsic motivation and wellbeing: competence, autonomy, and relatedness. In contrast, the paper finds that excessive control, nonoptimal challenges, and lack of connectedness reduces individual initiative and responsibility and leads to distress and ill wellbeing. This paper is very relevant to those individuals that have strong influence on others' behaviors, e.g. parents and educators, and managers as mentioned by Ryan and Deci.

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24.

Ryff, C. D. (1989).

[Happiness is everything, or is it? Explorations on the meaning of psychological well-being](#).

*Journal of Personality and Social Psychology*, 57, 1069-1081.

Total Google Scholar citations in 2021: 18,167

This paper uses survey data to operationalize what constitutes positive psychological functioning with six dimensions (self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth) and empirically estimate its importance on determining

life satisfaction and six other measures of wellbeing. This is, a multidimensional model of psychological wellbeing. Ryff argues that these measures of psychological wellbeing represent more enduring life challenges than happiness. Ryff concluded that the most recurrent criterion for positive well-being has been the individual's sense of self-acceptance or self-esteem.

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**Happy reading!**

The Wellbeing Reading List is managed by WWP panelist Daniela Andrén (Örebro University) and the managing committee of the World Wellbeing Panel.