

Measuring Subjective Well-Being

Kahneman and Kruger's thesis

It's possible to measure *experienced utility* without relying on *remembered utility*. Remembered utility is an inaccurate measure of experienced utility, but most studies rely on it. (pp. 5–6)

1. Some reliable correlations between observable phenomena (smiling, unemployment, physical pain) and global life satisfaction answers (pp. 7–9)
2. The Day Reconstruction Model matches the results of the Experience Sampling Method and it's much easier to use. (pp. 9–14)

So what?

1. Confirmation that the hedonic treadmill is real. Not happy people on an aspiration treadmill. (pp. 14–18)
2. U-index: measure of unhappiness without cardinal interpersonal comparisons of utility. (pp. 18–21)

