The World Health Organization defines health as a "state of complete physical, mental, and social well-being." This class will survey recent work on well-being, drawing on work in sociology which looks at the impact of race, class, gender, and socio-economic status on health; positive psychology which studies the causes and consequences of subjective well-being; and neuroscience which measures the effects of meditation practices on well-being. We will consider what role, if any, these findings should have in the practice of medicine. We will also consider economics and public policy initiatives based on this well-being research.

**Course Prerequisite:** Completion of Tier I Writing Requirement (e.g. LB 133)

Fulfills ISS Requirement