

## **Happiness and Meaning: the Discussion with M. Seligman**

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The author presents theoretical views and experimental results which question M. Seligman's statement on the necessity of a person's attachment to something bigger than itself in order to achieve meaning in life. Numerous positive correlations between the "meaning" and the "egoism" constructs are much stronger than the ones between "meaning" and "altruism". The results obtained demonstrate the preferable possibility for a person to construct meaning based on his/her own inner potential (the ideal part of self) and its realization.

**Key words:** meaning; egoism; altruism; happiness.

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