

Edukus - oma võimete realiseerimine kui osa vaimsest heaolust

Täht, Karin; Rämmer, Andu; **Seppo, Indrek**; Kivi, Laura; Konstabel, Kenn Eesti inimarengu aruanne 2023. Vaimne tervis ja heaolu 2023 / lk. 60-71 : ill https://www.ester.ee/record=b5508101*est <https://inimareng.ee/et/edukus-oma-voimete-realiseerimine-kui-osa-vaimsest-heaolust/>

Estonian Human Development Report 2023 : mental health and well-being

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Success : self-realisation as part of mental well-being

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