PriMera
Scientific
Publications

Design by Research in the Context of the Prosperity and Well-being of Humankind, Specifically for the Elderly

Lau langeveld[1]* and Amarendra Kumar Das[2]

[1]Retired of faculty Industrial Design Engineering, Delft University of Technology, the Netherlands

[2]Department of Design, Indian Institute of Technology Guwahati, India

Corresponding Author: Lau Langeveld, Retired of faculty Industrial Design Engineering, Delft University of Technology, the Netherlands.

Abstract

Design by research is a design methodology within the context of subject(s) for a defined group. Descriptive research performs in the context of qualitative research. Philosophy, behavioural sciences, sociology, economics, and other scientific fields contribute to the design domain. The design ability can potentially change our behaviour and initiations in the social and economic context. Design activities must be forward-looking so that design energy can harness humanity's necessary progress. In the context of the elderly, the vital energy of the elderly will stimulate their valuable knowledge, skills and experience for social and economic development. This positive practice brings satisfaction and happiness to the elderly. It benefits society that expects the elderly to enjoy life by spending their money, but often without acquiring knowledge. According to the philosopher Peter Sloterdijk, changes are necessary for life. A life with initiative leads to the collective growth of the personality. This needed energy comes to us from the universe, which opens up our 'Self' and leads to changes in design thinking in the design domain. Discover perspective in design by looking at the design methods that form an umbrella for the design domain. A holistic approach to design will stick to the context of the design, and the need will change through human thinking and action. All design entities will consider the need for humanity and present it during the design process. Philosophy and research into the phenomenon of design can lead to new insights into how life changes through design. The design has intrinsic energy to transform ideas into material and spiritual prosperity and well-being. Design Research is concerned with design by research and how it may apply by designers from two different cultures of the world but with a convergence.

Keywords: Design Research; Philosophy; Prosperity; Well-being; Life

Abbreviations

Algemene Ouderdoms Wet (AOW, General Old Age Act), Internal Conference on Research and Design (ICoRD), Design for X (DfX), Function Production Material Geometry (FPMG), Central Bureau of Statistics (CBS).
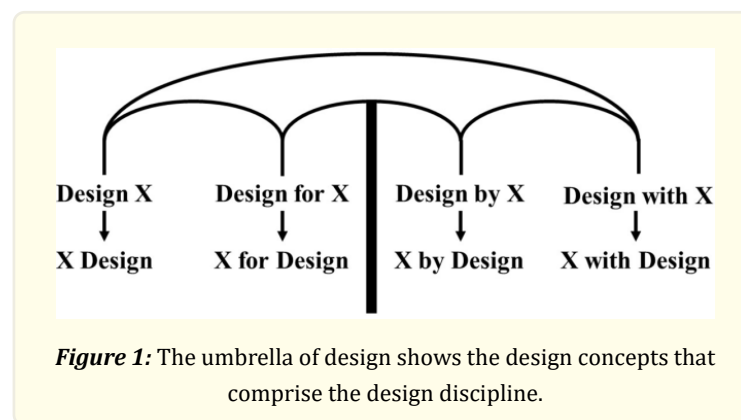
Introduction

World peace is a great desire of the people of this earth and requires great courage to share wealth for the prosperity and well-being of all [1]. Power, religion and wealth are the critical factors dominating communities, nations and peoples. The recent wars in the world have two distinctive backgrounds, the exercise of power by one people over another with clear cultural-historical facts based on religion within the communities. These two aspects have a significant impact on the entire world. This destruction of material wealth affects the poorest all over the world.

Corruption occurs in many parts of the earth, but corrupt people do not fear humiliation or legal punishment. War arises from power and awareness of the destruction of material resources that lead to the great scarcity of necessities, beds, food, and rest. War machines come from design, but this destroys humanity.

The world divides between wealthy and indigent people who together have to build a society in which there is room for everyone to lead a meaningful life according to everyone's talents within their living environment. Both extremes require acceptance from everyone involved by not looking down on the poor but respecting their modest society and the rich, not the envy of the poor. Beauty often goes hand in hand with wealth and power, but the opposite means poor, impotence, and dependence. Historically, Cleopatra is known as the most beautiful woman from her out ward and inner radiance, which led to temptation by the powerful rulers in her time. Contemporary beauty expresses itself differently in the behaviour of people. The behaviour must form the basis for developing the talents of each individual so that everyone's personality leads to satisfaction. Life satisfaction facilitates beauty to manifest itself in the interpersonal relationships of the community with great empathy for the weaker person. However, the reality is different because the rich are getting richer, and the poor are getting poorer [2]. We do not seem to escape a dichotomy in our society as we are locked up in a dualistic society.

Contemporary design must increasingly seek creative solutions for social and socio economic issues that are increasing in complexity. Nevertheless, the solution does not lie with the current design methodologies but with a new methodology that promotes prosperity and well-being. This way, a society can arise where everyone can lead a meaningful life. Two important facts have to overcome selfishness and money. More and more money makes people greedy, and selfishness makes people think more and more of themselves. Design methods should not give a chance to the negative aspects of humanity, which leads to an imbalance in the world.

Figure 1: The umbrella of design shows the design concepts that comprise the design discipline.

The life energy of the elderly, supplied to us by the universe [3], stimulates a change in our lives. The change makes us experience a positive contribution to the community, which leads to personal growth in knowledge, happiness, and energy. However, our dualistic society also has its downside: oppression and exploitation. From the philosophical approach, a change achieves that must be taken every day by one's initiative in order not to come to a standstill in the evolution of humanity. Disasters, crises, and wars can throw communities far behind in their development and stagnation of evolution. Humanity's evolution and positive development provide new opportunities for designers to create a design method or methodology necessary to bring complex issues closer to a solution in the current era. Design word can mean, broadly, everything that creates design discipline expects to provide solutions to major problems both at the local and global levels. Many design methods may capture under the design umbrella shown in figure 1. These design methods represent the widely recognized design discipline. In addition, many concepts from art also use in design; but do not express the same emotional value or meaning.

Figure 2: Research methodology from Life in the context of prosperity and well-being of Elderly.
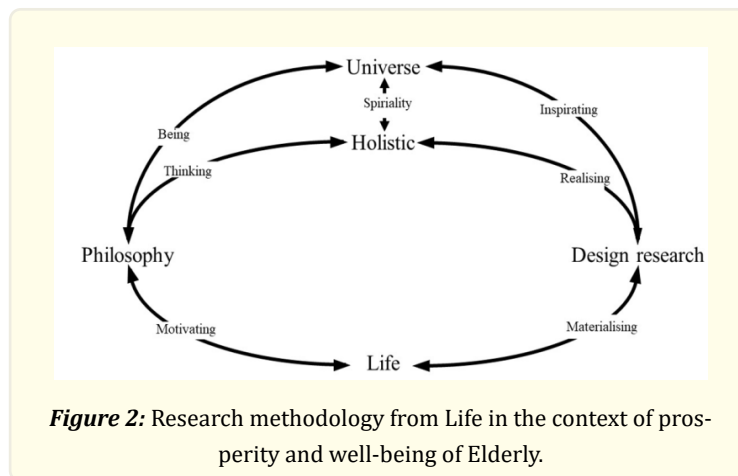
Research Methodology

Research methodology offers some approaches to explore the following concepts further: Being, Thinking, Motivating, Materialization, Realization, Inspiration, and Spirality, see figure 2. The concept, Being, is nourished from philosophy and the universe; but is in the context of prosperity and well-being. Universe exploration and philosophy will qualitatively consider the identity of Being and ultimately be an aspect of life.

All concepts can be explored with this approach and illuminate all linked aspects of life. Namely, between heaven and earth, life takes place from birth to death. Life represents our divine destiny in cultural diversities that will create a world for a wholesome world by designing in the context of prosperity and well-being. The design discipline is examined based on the design concepts indicated in the design umbrella (see figure 1). By playing with the concept of design semantically, insight will begin into what older people can experience through design in their meaningful lives.

Life Energy

Energy boosts life with the talents that a gestalt puts down with value, love, communication, and skills. If the view is from the artefact life process, the input is energy and talents leading to the output of love, value, communication, and skills. Figure 3 depicts life on earth with the arrows of input pointing towards it and output pointing away from it. Everyone should live life in order for life on earth to develop in the service of humanity. The elderly have the misfortune that the limits of their existence, such as death, are approaching. They all experience a decline in their skills due to sensory capacities, for example, loss of vision.

Love takes some mental and physical energy but will never allow hate. War and terror are energy-guzzling phenomena of hatred that mean a total humiliation of life. The design certainly requires from life a creative impulse that comes from the love for humanity. A *creative impulse* is a mental energy form that takes place in the healthy brains of people. From a creative impulse arises an idea that manifests in a spiritual experience or material expression, a pleasant experience. Passion is another form of love that imposes an exhilarating feeling on a person or thing. Passion is a natural form of love that can block openings to the inner life and the paths to material things by narrowing the creative impulse flow. Passion can lead to more earthly greed or egoism or give depth to life. They both demand sacrifices in the face of life.

Talents should offer life certainties and an energetic impulse for development. There are two notable definitions of talent 1. the natural gifts of a person, team, group or community; 2. aptitude for athleticism, creative and-or artistic ability and general ability, intelligence, or mental strength. Design requires a natural process from a person, team, or group that nourish by natural gifts. However, creative or artistic ability and general ability make life design successful. Of course, design can systematically separate. However, innovation opens the way to innovation. Talent development is about innovation or change in life and the individual, team, group, and-or community. Talent development requires an amount of life energy that is not available for life. However every person has talents, but these can be unconsciously present. A list of talents may find everywhere, but developing all of them will certainly never be possible. Unfortunately, empathy is lacking in many people, but designers must be able to design for life, especially for the elderly.
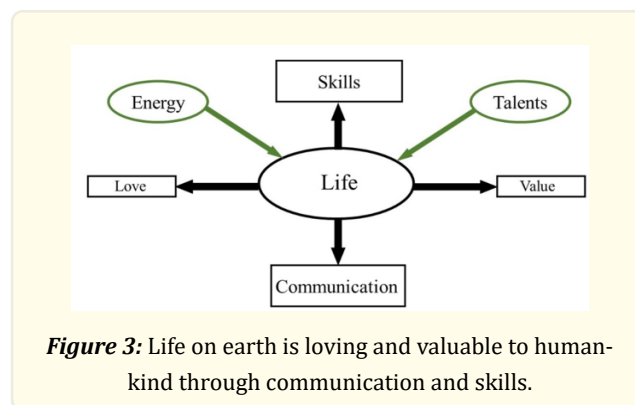

Figure 3: Life on earth is loving and valuable to humankind through communication and skills.

The value of life gives a man shape his personality, which arises from freedom, honesty, respect, tolerance, justice, equality, peace, kindness, love, and security [4]. Humans rise above themselves through emotions but avoid discomfort and want to feel good. Actual to-life values lead to higher goals by prioritizing. These decisions make unconsciously; because rational decisions make higher goals unattainable. The value of a person, team, group, or community indicates something desirable to look for. A valuable designer will always strive for creative solutions a community provides through research into the real needs of people, especially the elderly. Ultimately the production will positively influence the behavoiur of society.

Communication is one of the concepts that give meaning to life. Communication is a process with different forms of expression precisely to stimulate life. The process mainly consists of making or sharing knowledge and skills in common. These proceeds in a unique way for each individual, depending on human capacities. Streamlining the information to progress in everyone's life takes satisfaction and honesty. Personal gain as opposed to making or sharing knowledge and skills in common. Communication of designs is also about making one's own and sharing, which interweaves in the design process. The design process proceeds step by step by deciding the rational weighing of standard proprietary or shared design information. Personal gain shall not discuss here, but the inner design knowledge growth of everyone who participates in the process should be. This way of communication requires a lot of life energy that ultimately serves humanity. This way of life requires a correct view of life from all forms aimed at honesty and contentment. However, a different way of thinking can guarantee this way of life. Namely, socio-economic thinking gets stuck in material growth. Our well-known governance systems focus on economic growth, power, and prosperity [5], but well-being always compromises by discontent,

greed, and jealousy. War, disasters, crises, waste, and selfishness claim some of the energy that comes to us and is, therefore, not in the service of humanity.

Skills that can go through all five stages need to be learned from beginner, learning, advanced and experienced to expert. Humanity benefits from learning the skills that match the life experience and talents of the individual, group, team, and community. The skills can be within all stages of the learning process. The learning of the skills depends on the existing knowledge and skill level. For life, everyone should recognize his needs, de¬ sires, and wishes that shape life by learning skills. The skills for life and design are pretty overlapping. However, society requires different skills to build a career focusing on material goals to achieve the greatest possible economic growth. Competitive behaviour demands so much life energy that the remaining energy for spiritual and mental development falls far short of the need for human existence. The nervous life of our time leaves no room for autonomous personal development. For the elderly, it means an extension to use their life energy for mental and spiritual growth by losing the responsibility for acquiring income. The income for the elderly consists of an AOW (Algemene Ouderdoms Wet, General Old Age Act) benefit and a pension benefit nowadays in the Netherlands. It is arranged differently in all countries. Life passes on to the youth who have the future. However, the elderly will discover that they are still playing a role and pass on their positive life experience to the youth. The energy exchange will then benefit the young people. For the elderly, the level of life energy will decrease, but at an appropriate rate for all older people. Life energy is a part of the total solar energy received on the earth. Life energy is necessary for humanity and links to material life (tangible) and spiritual life (intangible). The coupling establishes by converting the amount of energy from the sun into life energy on earth. Nevertheless, life energy stimulates people in their behavoiur in society. Life energy expresses itself in the many forms of life: working for the living (work energy), creating things in life whether or not for monetary gain (creative energy), relaxation and recreation a necessity (pleasure energy), social and societal effort (social energy), economic effort (economic energy), religion and belief (spiritual energy), thinking as a means of development of life (intelligent energy), etc. All these life forms are interrelated, but this requires a holistic approach to life, creating space for fulfilment and happiness for all people of goodwill.

The Umbrella of Design

Under the umbrella of design come a large number of design methods, as shown in figure 1 under the introduction. Design X is considered a design discipline concept where design is central to the design thinking process. For example, designing the future requires an approach to design in the context of future societal developments. Design is central with a holistic approach to all other design entities. X Design explains the basis of the goal of social design. The social design aims to create positive change in the social domain. The social changes can recognize in the pursuit of sustainability, waste prevention and the destruction of our earth.

Nevertheless, it can also give people meaning through positive identity development. A positive contribution from the elderly can lead to social change if part of their life energy transforms into mental and physical satisfaction. Design for X understands as designing for X (a specifically defined aspect, for example, the elderly). The methodologies used to design for X work on improvements depending on the needs for 'X'. At many conferences, including at lCoRD, space has been created for decades to design for X.

X in DfX (Design for X) appears to be an aspect of design whose features and challenges increase positively. In design jargon, this design methodology improves 'X', amplifying the various features and increasingly meeting the requirements of 'X'.

The design for prosperity means nothing more or less than growth in a material sense of society through the design. Here is meant economic growth; this is progress in prosperity that goes together with an increase in the gross national product. Prosperity grants to everyone but a large part of society cannot currently benefit from the growth because they find themselves at the bottom of the humanitarian pyramid. For this group of people must also be designed. This methodology is known as the design for the base of a pyramid.

The optimal function of the design is achieved at the lowest possible price if all design aspects fully optimize in detail.

The most unsatisfactory aspect of designing comes to the fore here. Namely, the designer is also confronted with his shortcomings, as there is no room for mistakes in design choices, which often turn out to be more expensive. Prosperity for design makes economic

space available to develop new products that fulfil optimized functions in society. Shrinkage means a decrease in economic space for designing; of course, the optimization designs are still frequent, but new products pick up less.

The design for well-being implies a methodology that shapes society in all its aspects without economic growth. The focus of the design is no longer on economic growth, but on cultural and social development, from which everyone can derive their identity according to their ability. Well-being means human well-being, between alpha and omega (from birth to death). Well-being comes about fulfilling physical, mental, cultural, and social needs. X for designs is often not considered because of the aspect that shall focused on designing. Well-being for design, for example, requires a lot of imagination from the designer to give substance to well-being using the design information from well-being. The intrinsic design information will distill from the well-being concept with arguments from various disciplines. Well-being obtains by putting life energy into the living conditions of society for well-being, both physically and psychologically. The physical and psychological conditions are dynamic, but change based on evolution, shock by a natural disaster, crisis due to a disturbance of the balance in society, or event in the immediate vicinity, area, metropolis, or the world.

At Design, by X here, the decisions are consistently made by 'X'. ln the case of the elderly, 'X' stands for the elderly and they give the decision-making power and the designer gives his advice with substantiated arguments. It means those with the greatest life experience can and should make the most optimal design decision. For example, the elderly are allowed to participate, but the designers make the decisions during the design process. Many product designs for the elderly fail because of the lack of research regarding the needs of the elderly. The various workshops show that the elderly increasingly need spiritual experiences. These experiences gain in encounters, gatherings, and participation in manifestations, where beautiful experiences of a spiritual nature take place in all openness. However, with design by management, other problems arise. Namely, the decision-making power lies with management, but the quality of decisions decreases in the degree of design expertise, this leads to sub-optimal decisions that can have fatal consequences for the current activities in a time of crises and economic growth. From a social point of view, they should get involved in those activities in which they demonstrate their top qualities. Managing people must lead to the goal of realizing a design. Management quality sought that the design managers meet. They cover the entire domain of product design in a general sense and speak the design jargon. In addition, they master the management of design teams at individual levels. Their contribution through design contributes to the prosperity of society and the well-being of the individual.

Change by design is a methodology to address social, economic, cultural, and technological problems in the world [6] offers some handles in his book for problem-solving in a technological environment. The power of thought will lead humanity to new avenues for solutions that bring about prosperity and well-being. Prosperity by design is achieved by powerfully combining the forces of belief in the fields of technology and economics. Innovation, Strategy and Design Thinking are integral approaches to attaining the goal of prosperity. Integrated thinking connects various disciplines during the process. A fair distribution of raw materials, energy and capital strengthens progress in the world. Well-being through design requires a different way of thinking, which will focus on the well-being of society. Rest and peace give space in mind for pleasure, human happiness, satisfaction, contentment, etc. Inspiration for this comes from participating in cultural activities, undertaking social activities, and showing social initiatives. Sports and relaxation dispel the nervous life style, leaving room in our thinking process for creativity.

Design with X is a design methodology where the elements of the FPMG model are indicated concerning the design activity to fulfil a particular function [7]. An example is the hydro-forming production method, a design with a manufacturing method that opens new design paths by integrating parts and accessible design in metals. The design method offers the possibility of optimal material consumption by using material strength, making the right amount of material flow to the right place. Examples abound in the production of automobile and bicycle frames. In addition to the instance of design with manufacturing, design with materials and design with geometry are also methods mainly used in the design process's embodiment phase. X with design also belongs to the design methods that are not common but have the potential to build the ideal world of peace and happiness instead of war and hatred. X here means an idealistic goal that pursues through design. Honesty, authenticity, freedom, peace, joy, etc., are the ideological goals of the individual and-or the collective.

State institutions have historically been built up depending on power thinking and action. However, the current world order is testing who controls the world. However, the competence between the world powers is changing through a conflict of freedom of a nation. We can forget the design method X with Design, and the world is still far from prosperity and well-being for everyone.

Holistic Approach

Our design by research requires a holistic approach [8, 9] because of the complex connections between the sciences covering design, sociology, psychology, humanities, culture and philosophy. These domains have inner connections to each other both physically and mentally and refer to the whole rather than the individual parts. The influences of the connections differ in carrying capacity. The Fardet and Rock's model [10] describes the research methods as bottom-up and top-down. In principle, they compare western and eastern research methods, which complement each other. However, due to the complex problems we face and the failure of standard systems such as climate, water, population, money, culture, communication, etc., new ideas and methods must be adopted more broadly, such as holistic thinking to keep the governance of the world manageable [5].

Politics is playing a game on the backs of the common people, but nothing has changed from the past. The paradigm 'the rich get richer and the poor get poorer' remains unchanged despite many political and social changes. Society needs peace, which in part demands a break from the domination of the nations. In addition, the needs of the elderly are holistic, including physical, spiritual, emotional, social, cultural and spiritual for a society with good health and well-being [11].

In the sixteenth century, René Descartes promoted the whole consisting of the sum of its individual parts, which could be an unshakable vision of reality. However, the reduction paradigm has reached its limits (1+1=2), with holism satisfying the whole more than the sum of its parts (1+1>2). Figure 4 shows the holistic and reduction model for complex design problems.

The holistic approach opens the only possibility for a solution; design by examining the whole without dividing it into separate parts.

However, the procedure starts from the whole, taking into account many phenomena related to the design solution, the top-down approach. The reduction method takes into account the elements of the whole, disregarding internal connections due to the arguments of fixed elements, the bottom-up approach. The footsteps of the systematic designer follow the rigid path that offers a solution but does not encompass the whole. Both approaches provide design solutions but are not equivalent due to the inner connections of the design phenomenon. The inner relations ensure that the sum of the elements added together does not equal the number of elements. Generalist researchers (designers) adopt the holistic approach that leads to a general description of the phenomenon of design with its inner connections. From this, the design process can find a more valuable design solution for the phenomenon of designing. Naturally, the specialized design researchers' insights use so that the connections and design knowledge may use optimally.

Figure 4: The holistic and reduction model for solving complex design problems.
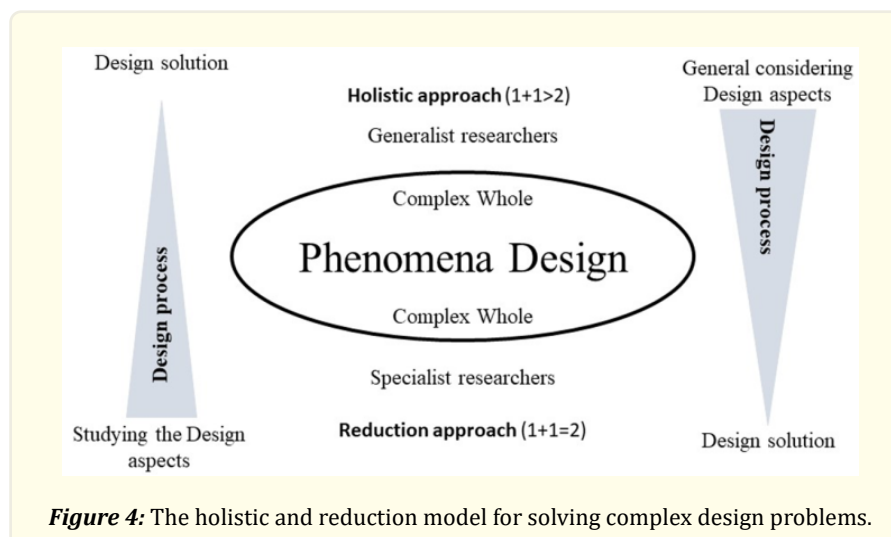
Philosophy of Change

People change when they confront it. The change revolves around three ideas about time and memory [12]. Time is the most rigid idea in human experience, of which humanity remains uncertain. Man passes the time by acquiring knowledge and skill. As intelligence increases, the realization grows that life occurs between alpha and omega. One-dimensional time has no room to reverse an event. We study this history to predict events for the future. The predictions are rarely correct because of the significant uncertainties of essential ideas that an event gives to substance.

Memory is developed over time by piling experience upon experience. During life, depending on intelligence, it reaches maximum memory, which then declines to death. Knowledge and skills are the experiences that activate the memory and store it in the brain. The speed of information processing decreases with age, depending on the activities that people engage in old age [13]. Most people want to accept change as an illusion, but it is the life energy that changes humanity. All of this takes place in a world that shapes this evolutionary development in a growing and thriving society. Nature's intrinsic growth can mutate into new variations (Darwin) [14]. Holding on to what we think and not giving much-needed room for change [15]. No change means the decay of a society which amounts to the destruction of the people. Very difficult for the Christian movements in the world of materialism. The matter is impermanent, whereby older people create space for spiritual experiences and lessons. What does a change in thinking about design mean? This question raises new considerations that feed on life energy. The considerations are unstoppable and progress over time. Progress should be a step forward in the design process [16]. Forward is a time-dependent idea that cannot go back in time. Renewal, innovation and development are time-dependent ideas that persist in the design.

Discussion

In the future, it should also be possible to live in a society where freedom, peace and happiness apply to everyone [17]. Prosperity and well-being for the elderly appear to be reserved only for those with financial resources, wealth owners and a gross income above the average [18]. It means the wealthiest group in society, an exclusive target group for designing for the elderly. Prosperity and well-being relate to the intelligence and creativity of a community, which leads to change and growth in the social system. The human enterprise answers the mechanisms of belief and economics [19]. The interpersonal connections will explore new frameworks of life in the game of the world powers. However, change is necessary according to Lester Thurow's quote; 'A competitive world offers two possibilities. You can lose. Or, if you want to win, you can change'.

Design by research is necessary to find the arguments from other disciplines about to life. Namely, everything about design has developed from the engineering point of view, but well-being has not yet brought it. Well-being on prescription is a national organization in the Netherlands [20]. Recipe for wellness focuses on four categories: mind, body, heart and soul. May the intention be to focus on these aspects and their role in deepening our understanding of well-being [21]? There are great opportunities here for the design discipline. Prosperity arises from bringing creative design concepts to a successful production scale. The pursuit of prosperity has adverse consequences for nature, the environment and humanity. Namely, material growth leads to the depletion of natural resources, already recorded in the report of the Club of Rome [22]. Thirty years later, exponential growth appears to exceed limits; climate crisis, limits to population growth and the energy crisis [23].

In our competitive world, there seems to be no room for individual personality development. The speed in life is so great that taking a step back entails significant consequences. A moving train rumbles on and will not stop without severe consequences in life. Life energy is becoming an increasingly scarce commodity; because the rich on earth are appropriating everything. Ordinary people even have to fight for their basic needs.

Change is needed to get out of this poverty. Designing could alleviate the problem of poverty with the method Designing for the bottom of a pyramid [24]. This method is an important dilemma, since a competitive society does not benefit from development at the bottom. Looking at the whole brings salvation, a holistic approach. Every individual counts in society. The elderly have the wisdom, the money and the experience to make the world a better place. However, they can move aside, but their heavy money is chasing. The

umbrella offers design methodologies, but they require effort that does not yield any significant profit but does lead to social progress.

The design umbrella shows design methods that are linguistically close to each other to have a completely different angle. It requires a descriptive study with semantic connections between the concepts. Qualitative research also includes descriptive research as a specific method: a study of context, holistic approach, portioning of the researcher(s) and focus on the concept(s) [25]. Necessary steps are being taken that open up design for other scientific fields.

Conclusion

The research methodology provides openings into the human characteristics of the elderly and influences society on the current systems that have developed over the years. Changes in our thinking and acting are necessary to create a humane world. A holistic approach offers a solution for solving major social problems, specifically of the elderly, with the help of designs. Peace, security, happiness, prosperity, and well-being are still a long way from humanity due to our competitive world. Life energy will change the world, but the design must also change. The increasingly complex society requires much adaptation from people, mainly the elderly.

Life is the most precious possession on earth, and society nourishes it with love and dignity. Life energy is the food of society with which the world population develops within the universe. At an individual level, less and less energy is becoming available due to explosive population growth. The world bounces from one crisis to another, and natural disasters and catastrophes disrupt available energy. The model provides insight into human life, particularly the elderly.

Qualitative research describes the development of human concepts from the mentioned research domains. Designing by research leads to design methods that offer design solutions. These solutions emerge from a holistic approach to problems intertwined with aspects of the life model.

References

1. Van Zanden JL., et al. "How Was Life?". New Perspectives on Well-Being and Globalinequality since 1820. 11 (2021).
2. Veenhoven R. National wealth and individual happiness. Understanding economic behavoiur (1989): 9-32.
3. Life Energy and Spiritual Experience.
4. Griffith J. "Freedom: The End of the Human Condition". WTM Publishing and Communications (2016).
5. Jackson T. Governance for Prosperity Revue de philosophie economique 11.1 (2010): 11-33.
6. Brown T. Change by Design: How Design Thinking Transforms Organisations and Inspires Innovations (2009).
7. Langeveld LH. "Design with X is new in product design education". Proceeding the 9th Design conference (2006): 1179-1186.
8. Malinowski L and Novak T. "DfX Platform - Aholistic approach to design concepts evaluation". Proceeding of ICED (2007): 21-22.
9. Saleem A, Shabana TSZ and Sadik B. "Holistic approach of research work". International Journal of Scientific and Research Publication 4.7 (2014): 1-7.
10. Fardet A and Rock E. "Toward a new philosophy of preventive nutrion: from a reductionist to a holistic paradigm to improve nutritional recommendations". Advances in nutrition 5.4 (2014): 430-446.
11. "Holistic Needs". Learning Guide, Career force 1.0 (2015).
12. Spencer HJ. Change: An essay on the centrality of change in human thought (2019): 15.
13. Dijksterhuis A. "The smart unconscious: thinking with feeling". 27e edition, (2017).
14. "Darwin and His Theory of Evolution". Pew Research Center (2009).
15. Sloterdijk P. "You must change your life: on Anthropotechnics". Translation Wieland Hoban, Polity Press (2013).
16. Jinxia Cheng. "Product Design Process and Methods". Product Lifecycle Management (2018).
17. Shiv Khera. Freedom is not free: every generation needs to earn its own freedom (2005).
18. Kroesen O. The human enterprise: the great story of faith and economics (2022).
19. Figueras J and McKee M. "Health Systems, Health, Wealth and Social Well-being". (2012): 1-19.
20. Diun C van and Gaalen R van. "Prosperity and Well-Being 2019: Money and health in the 3rd phase of life". CBS (2019): 10-22.

21. Community Spotlight: Recipes for Wellbeing.

22. Oltmans WL. Limits to groyh: 75 talks about the Club of Rome report (1973).

23. Meadows DH, Randers J and Meadows D (Dennis). Limits to Grow: The 30 year Update (2004).

24. Jagtap S., et al. "How design process for the Base of the Pyramid differs from that for Top of the Pyramid". Design Studies 35 (2014): 527-558.

25. Creswll JW. "Research design: Qualitative, Quantitative and Mixed Methods Approaches". 2e edition (2003): 3-26.