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Antonella Delle Fave, MD specialized in Clinical Psychology, is professor of Psychology at the Medical School, University of Milano, Italy. Her research work is centered on the study of flow, mental health indicators and daily experience fluctuation across cultures and among individuals experiencing conditions of diversity and adversity. She is involved in research and intervention projects focused on the promotion of resilience and psychological resources among patients with chronic diseases and their family caregivers. After acquiring a degree in Ayurveda – one of the traditional medical systems of India - she has been conducting research studies aimed at integrating the perspective of Western medicine and psychology with the approach of Ayurveda to psychophysical health and disease. Her scientific production includes papers in international peer-reviewed journals, as well as authored and edited international books. She is currently Editor in Chief of the Journal of Happiness Studies.