

Character Strengths And Virtues A Handbook Classification Christopher Peterson

The epidemic of depression in America strikes 30% of all children. Now Martin E. P. Seligman, the best-selling author of *Learned Optimism*, and his colleagues offer parents and educators a program clinically proven to cut that risk in half. With this startling new research, parents can teach children to apply optimism skills that can curb depression, boost school performance, and improve physical health. These skills provide children with the resilience they need to approach the teenage years and adulthood with confidence. Over the last thirty years the self-esteem movement has infiltrated American homes and classrooms with the credo that supplying positive feedback, regardless of the quality of performance, will make children feel better about themselves. But in this era of raising our children to feel good, the hard truth is that they have never been more depressed. As Dr. Seligman writes in this provocative new book, "Our children are experiencing pessimism, sadness, and passivity on

Since the turn of the twenty-first century, the field of positive psychology has sought to implement a science of human flourishing so that we may lead happier, more fulfilling lives. It has found expression not only in academic papers but also popular books and, increasingly, in government policy. The Routledge International Handbook of Critical Positive Psychology is the first volume dedicated to a critical appraisal of this influential but controversial field of study. The book critically examines not only the scientific foundations of positive psychology, but also the sociocultural and political tenets on which the field rests. It evaluates the current field of knowledge and practice, and includes chapters analysing the methodological constructs of the field, as well as others that question what positive psychology actually means by ideas such as happiness or well-being. Taking the debate further, the book then discusses how positive psychology can be applied in a wider variety of settings than is presently the case, helping communities and individuals by acknowledging the reality of people's lives rather than adhering strictly to debateable theoretical constructs. Including contributions from disciplines ranging from psychoanalysis to existential therapy, theology to philosophy, and contributors from throughout the world, The Routledge International Handbook of Critical Positive Psychology will be enlightening reading for anyone interested in how psychology has sought to understand human well-being.

This volume examines what positive psychology offers to our understanding of key issues in working life today. The chapters focus on such topics as strengths, leadership, human resource management, employee engagement, communications, well-being, and work-life balance.

The Guest Editors would like to express their profound gratitude to Pavel Freidlin for his valuable work in initiating this Research Topic and actively contributing to it.

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In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In *Authentic Happiness*, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. *Authentic Happiness* provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

This groundbreaking handbook of character strengths and virtues is the first progress report from a prestigious group of researchers who have undertaken the systematic classification and measurement of widely valued positive traits. They approach good character in terms of separate strengths- authenticity, persistence, kindness, gratitude, hope, humor, and so on- each of which exists in degrees.

Find calm in the midst of everyday chaos. This strengths-based workbook offers a unique step-by-step approach grounded in positive psychology to help you reduce chronic stress in a busy, frazzled world. Chronic stress is a serious problem for many people, and can lead to a host of health and mental health problems, such as heart disease, anxiety, and depression. If you're one of millions who are feeling overworked, overstressed, and overloaded (and chances are, you are!) this much-needed workbook offers a refreshing new approach to help you find peace of mind and start living the life you truly want to live. In this evidence-based guide, a psychologist offers an innovative strengths-based stress reduction plan grounded in positive psychology. You'll find tips and strategies for identifying your key character strengths—such as perseverance, social intelligence, bravery, self-control, and more—and discover how these strengths can help you cultivate greater happiness, better relationships with others, and improve your overall health. Character strengths are a unique catalyst for both happiness and stress management. The skills and practices offered in this workbook can be learned by anyone, because the capacity for these strengths exist in everyone—including you!

John D. Mayer, the renowned psychologist who co-developed the groundbreaking theory of emotional intelligence, now draws on decades of cognitive psychology research to introduce another paradigm-shifting idea: that in order to become our best selves, we use an even broader intelligence—which he calls personal intelligence—to understand our own personality and the personalities of the people around us. In *Personal Intelligence*, Mayer explains that we are naturally curious about the motivations and inner worlds of the people

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we interact with every day. Some of us are talented at perceiving what makes our friends, family, and coworkers tick. Some of us are less so. Mayer reveals why, and shows how the most gifted "readers" among us have developed "high personal intelligence." Mayer's theory of personal intelligence brings together a diverse set of findings—previously regarded as unrelated—that show how much variety there is in our ability to read other people's faces; to accurately weigh the choices we are presented with in relationships, work, and family life; and to judge whether our personal life goals conflict or go together well. He persuasively argues that our capacity to problem-solve in these varied areas forms a unitary skill. Illustrating his points with examples drawn from the lives of successful college athletes, police detectives, and musicians, Mayer shows how people who are high in personal intelligence (open to their inner experiences, inquisitive about people, and willing to change themselves) are able to anticipate their own desires and actions, predict the behavior of others, and—using such knowledge—motivate themselves over the long term and make better life decisions. And in outlining the many ways we can benefit from nurturing these skills, Mayer puts forward an essential message about selfhood, sociability, and contentment. *Personal Intelligence* is an indispensable book for anyone who wants to better comprehend how we make sense of our world.

An updated version of the StrengthsFinder program developed by Gallup experts to help readers discover their distinct talents and strengths and how they can be translated into personal and career successes.

#1 Wall Street Journal Best Seller USA Today Best Seller Amazon Best Book of the Year TED Talk sensation - over 3 million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby

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allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, Emotional Agility serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

The Little Book of Character Strengths is a colorfully illustrated poem describing the meaning of character strengths to a child and young adult audience. The message of the book is to look at character strengths as guiding stars in our lives and encourages readers to identify and develop their inner strengths.

“This book will soon become a widely accepted standard on how to deliver a successful project on time and on budget in any industry.” —John Garahan, Vice President, Global Delivery, Broadridge Financial Solutions Successful project managers must engage and motivate others to achieve complex goals. Ruth Pearce shows how behavior, language, and attitudes affect engagement and how leveraging character strengths can help improve relationships, increase innovation, and build higher-functioning teams. This focus on character strengths—such as bravery, curiosity, fairness, gratitude, and humor—can help project managers recognize and cultivate the things that are best in themselves and others. Many project managers do not have the authority to direct the activities of people on their teams—they can only influence them. The most influential people succeed by focusing less on themselves and their message and more on others. They pay attention, they are brave, they are vulnerable, they are curious, and they look for and acknowledge the things that are important about and to the other person. And they model the behavior that they want to see. This book tells you how. Pearce provides tools and frameworks for building a culture of appreciation, understanding character strengths, mapping leadership qualities, understanding learning styles, identifying team roles, and executing plans. She also explores the factors that contribute to conflict and tensions, as well as strategies for getting through difficult times. We see these tools and techniques in action through “Maggie,” a project manager who is struggling to motivate her team. Each chapter concludes with reflective questions to make the ideas stick and with key strategies for success.

This book examines if it is possible to teach wisdom. It considers how people at different times and places have engaged the age-old question of how (or whether) we can learn to live a good life, and what that life is like. Offering a range of perspectives, coverage considers Greek and Confucian philosophy; Christian, Islamic and Buddhist religion; African tradition, as well as contemporary scientific approaches to the study of wisdom.

Presents a multifaceted model of understanding, which is based on the premise that people can demonstrate understanding in a variety of ways.

The definitive, practical handbook on positive psychology and character strengths for practitioners working in coaching, psychology, education, and business. Start using strengths today! This book is the epitome of positive psychology: it takes the backbone of positive psychology—character strengths—and builds a substantive bridge between the science and practice. Working with clients (and our own) character strengths boosts wellbeing, fosters resilience, improves relationships, and creates strong, supportive cultures in our practices, classrooms, and organizations. This unique guide brings together the vast experience of the author with the science and the practice of positive psychology in such a way that both new and experienced practitioners will benefit. New practitioners will learn about the core concepts of character and signature strengths and how to fine-tune their approach and troubleshoot. Experienced practitioners will deepen their knowledge about advanced topics such as strengths overuse and collisions, hot button issues, morality, and integrating strengths with savoring, flow, and mindfulness. Hands-on practitioner tips throughout the book provide valuable hints on how to take a truly strengths-based approach. The 24 summary sheets spotlighting each of the universal character strengths are an indispensable resource for client

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sessions, succinctly summarizing the core features of and research on each strength. 70 evidence-based step-by-step activity handouts can be given to clients to help them develop character strengths awareness and use, increase resilience, set and meet goals, develop positive relationships, and find meaning and engagement in their daily lives.

Looking for the latest research and practices on character strengths and mindfulness? Curious about how character strengths can supercharge your mindfulness practice? Or how mindfulness can help you deploy your best qualities? Look no further – the answers are in this book! At the core of this hands-on resource for psychologists and other practitioners, including educators, coaches, and consultants, is Mindfulness-Based Strengths Practice (MBSP), the first structured program to combine mindfulness with the character strengths laid out in the VIA Institute's classification developed by Drs. Martin E. P. Seligman and Christopher Peterson. This 8-session program systematically boosts awareness and application of character strengths, helping people flourish and lead more fulfilling lives. The author's vast experience working with both mindfulness and character strengths is revealed in his sensitive and clear presentation of the conceptual, practical, and scientific elements of this unique combined approach. It is not only those who are new to mindfulness or to character strengths who will appreciate the detailed primers on these topics in the first section of the book. And the deep discussions about the integration of mindfulness and character strengths in the second section will benefit not just intermediate and advanced practitioners. The third section then leads readers step-by-step through each of the 8 MBSP sessions, including details of session structure and content, suggested homework, 30 practical handouts, as well as inspiring quotes and stories and useful practitioner tips. An additional chapter discusses the adaptation of MBSP to different settings and populations (e.g., business, education, individuals, couples). The mindfulness and character strengths meditations on the accompanying CD support growth and development. This highly accessible book, while primarily conceived for psychologists, educators, coaches, and consultants, is suitable for anyone who is interested in living a flourishing life.

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The fears of aging have been one long cascading domino effect through the years: twenty year-olds dread thirty; forty year-olds fear fifty; sixty fears seventy, and so it goes. And there is something to worry about, though it isn't what you'd expect: research shows that having a bad attitude toward aging when we're young is associated with poorer health when we're older. These worries tend to peak in midlife; but in *Lighter as We Go*, Mindy Greenstein and Jimmie Holland show us that, contrary to common wisdom, our sense of well-being actually increases with our age--often even in the presence of illness or disability. For the first time, Greenstein and Holland--on a joint venture between an 85 year-old and a fifty year-old--explore positive psychology concepts of character strengths and virtues to unveil how and why, through the course of a lifetime, we learn who we are as we go. Drawing from the authors' own personal, intergenerational friendship, as well as a broad array of research from many different areas--including social psychology, anthropology, neuroscience, humanities, psychiatry, and gerontology--*Lighter as We Go* introduces compassion, justice, community, and culture to help calm our cascading fears of aging.

Character strengths are the foundations of life-long development and thriving. These strengths help individuals to deal with everyday challenges and move forward in life with confidence and resilience. *Character Strength Development: Perspectives from Positive Psychology* aims to document research and evidence-based practices in positive psychology with specific focus on character strengths. The arguments and perspectives shared by the experts in their respective chapters will help create new research avenues. It is an excellent resource for researchers, academicians, practitioners and teachers to develop a comprehensive understanding of different approaches, models and best practices for character education across the globe.

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Practitioners, educators and policymakers in the field of character education will also find this book immensely helpful for incorporating character strength-based approaches in their practice.

A stimulating and innovative consideration of the concept, causes, and practice of peace in societies both ancient and modern, human and primate. We know a great deal about aggression, conflict, and war, but relatively little about peace, partially because it has been such a scarce phenomenon throughout history and in our own times. Peace is more than the absence of war. Peace requires special relationships, structures, and attitudes to promote and protect it. *A Natural History of Peace* provides the first broadly interdisciplinary examination of peace as viewed from the perspectives of social anthropology, primatology, archeology, psychology, political science, and economics. Among other notable features, this volume offers: a major theory concerning the evolution of peace and violence through human history; an in-depth comparative study of peaceful cultures with the goal of discovering what it is that makes them peaceful; one of the earliest reports of a new theory of the organization and collapse of ancient Maya civilization; a comparative examination of peace from the perspective of change, including the transition of one of the world's most violent societies to a relatively peaceful culture, and the decision-making process of terrorists who abandon violence; and a theory of political change that sees the conclusion of wars as uniquely creative periods in the evolution of peace among modern nations.

The relationship between psychology and Christian theology has been one of the most important topics in the science and religion fields. Discussions, however, are too frequently one-sided. This book takes an alternative approach: following the lead of Fraser Watts, the contributions develop various aspects of the mutual enrichment of each discipline by the other. Moving beyond outdated models of conflict and independence, this book highlights areas of fruitful enhancement at the interface of Christian belief and practice with psychology. Set out in four sections the book's chapters first engage methodological and substantive issues in the interdisciplinarity raised by the dialogue between psychology and theology. Second, chapters explore a variety of areas in which psychology enriches theology, looking at both historical and contemporary themes such as psychoanalysis, embodiment and mindfulness. Chapters in the third section explore some of the theological enrichments of psychology, with topics including character strengths, wisdom and forgiveness. The final section engages aspects of mutual enrichment in religious life and pastoral care with an applied focus on mental health, meditation, prayer, spiritual direction and spirituality. A refreshing alternative study of the mutual enrichment of psychology and theology with theoretical and practical applications, this book reinforces the need for both disciplines to pursue creative and constructive engagement with each other. Of interest to scholars in psychology, theology and religious studies this book will also be of interest more widely as a case study of successful interdisciplinary work.

? Self-acceptance is recognized in diverse schools of Christian and Eastern theology as well as in various schools of counseling and psychotherapy (e.g., Humanistic, Rational-Emotive Behavior Therapy, Cognitive Behavior Therapy, Acceptance Commitment Therapy) as a major contributor to mental health, life satisfaction and wellness. A review of the professional literature reveals there is no text that spells out how different theologies, theories of personality and approaches to counseling and therapy conceptualize self-acceptance and how this concept is interrelated to other aspects and constructs of spirituality and psychological functioning (e.g., flexibility, mindfulness). Additionally, the field of positive psychology, which studies the character strengths and virtues that help individuals to experience well-being and to flourish, has largely ignored the concept of self-acceptance.

"Death Comes for the Archbishop" by Willa Cather. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we

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issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

For educators, practitioners, researchers, and everyone striving for personal growth and a fulfilling life! This completely revised edition of a classic in the field provides a unique way to learn about positive psychology and what is right and best about human beings. Positive Psychology at the Movies now reviews nearly 1,500 movies, includes dozens of evocative film images, and is replete with practical aids to learning. Positive psychology is one of the most important modern developments in psychology. Films brilliantly illustrate character strengths and other positive psychology concepts and inspire new ways of thinking about human potential. Positive Psychology at the Movies uses movies to introduce the latest research, practices, and concepts in this field of psychology. This book systematically discusses each of the 24 character strengths, balancing film discussion, related psychological research, and practical applications. Practical resources include a syllabus for a positive psychology course using movies, films suitable for children, adolescents, and families, and questions likely to inspire classroom and therapy discussions. Positive Psychology at the Movies was written for educators, students, practitioners, and researchers, but anyone who loves movies and wants to change his or her life will find it inspiring and relevant. Watching the movies recommended in this book will help the reader practice the skill of strengths-spotting in themselves and others and support personal growth and self-improvement. Read this book to learn more about positive psychology – and watch these films to become a better person!

This anthology focuses on empirical studies comparing cultures in relation to central positive psychological topics. The book starts out with an introductory chapter that brings together the main ideas and findings within an integrative perspective, based on a broad theoretical framework encompassing interdisciplinary and methodological issues. It gives special emphasis to some open issues in the theory and assessment of culture-related dimensions, and to the potential of positive psychology in addressing them. The introductory chapter is followed by two chapters that examine theoretical approaches and instruments developed to assess happiness and well-being across cultures. Following that examination, five chapters are devoted to the relationship between well-being, cultures and values. The second half of the book prominently investigates well-being across cultures in the light of socio-economic factors. This book shows that positive psychology, now officially well into its second decade, is providing still finer-grained perspectives on the diversity of cultures along with insights about our shared human nature, uniting us for better or worse.?

This book brings together the latest research on positive psychology from an international cast of researchers and particularly from the growing body of European researchers. The chapters describe research and practice from diverse fields of positive psychology, covering topics such as happiness and well-being, motivation and goals, personality, academic performance and coping, measurement and interventions. The book emphasizes a cultural approach to the human pursuit of well-being. It is unique in that it presents research from a range of cultures, such as Russia, Croatia, and Egypt, in addition to ten different Western cultures. This approach helps broaden our understanding of those aspects of human experience that make life worth living in diverse cultural conditions. The book includes well-known and new authors from the field and contains selected papers that were presented at the 4th European Conference of Positive Psychology held in 2008 in Croatia.

What are the elements of good character? The Values in Action (VIA) project identified

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24 qualities such as creativity, authenticity, love, forgiveness, kindness, persistence, prudence, and bravery, calling them character strengths. Character strengths are elements of good character valued across time and around the world. If you are curious about your own strengths, join the 3 million people that have taken the free online survey at www.viacharacter.org. Character Strengths Matter: How to Live a Full Life brings the 24 character strengths to life with stories involving children, teenagers, adults, and elders and occurring in family life and business settings, in the present and in the distant past, in locations from China to the United States to the Middle East. Research shows that using character strengths in new ways for a week makes people happier up to six months later. This book includes many ideas for using your character strengths in new ways. Based on the unusual premise that a key way to build strength is to act 'as if' you have that strength already, this book includes short passages to read aloud to try on particular character strengths. This concept is well known to actors and elite athletes, but less well known to the rest of the world. Look inside the book to see whose words are used to embody hope, gratitude, leadership, creativity, kindness, love and all the rest. More than 30 authors contributed stories to this book, including George Vaillant, the 35-year director of Harvard's Study of Adult Development. Many leaders in the positive psychology field endorse the book, including the 'father of positive psychology' Dr. Martin E. P. Seligman. He writes: "My friend, Chris Peterson, would have loved this book. It brings to life with personal stories, practical recommendations, wisdom, and humor the dry scholarship that he (with an assist from me) did in Character Strengths and Virtues. Chris was very down-to-earth and I am sure he would have concurred in my enthusiastically recommending this book to everyone who works with character strengths in the real world."~ Martin E. P. Seligman, author of Authentic Happiness and Flourish. Proceeds from the sale of this book will be donated to a scholarship at the University of Pennsylvania in honor of the lead researcher of character strengths, the late Christopher Peterson. This scholarship supports the education of future practitioners of positive psychology. This is the third book in the Positive Psychology News series, joining Resilience: How to Navigate Life's Curves and Gratitude: How to Appreciate Life's Gifts. Bottom line, this book is bound to make you learn something new, be inspired about humanity and have a chance to play with character strengths. This book will make you happier.

Carry this book in your back pocket. Let it become your faithful friend that nudges you, at every point in your journey, to unlock your potential. No matter where you are in life--searching for happiness, working toward a goal, longing for a better relationship, or feeling content and settled--focusing on your character strengths adds a whole new dimension. Recent research shows that when you understand and activate your positive personality traits, you become more resilient, manage stress better, and find greater fulfillment in life. In The Power of Character Strengths: Appreciate and Ignite Your Positive Personality, you'll be expertly guided by leading authorities through your 24 strengths. You'll soon see all the ways these strengths are your best-kept secret for boosting your well-being. Discover how to appreciate what's best in you and champion strengths in the people you care about most. As a bonus, you'll practice putting your strengths into action with Strengths Builder, an easy-to-learn, four-step, research-backed program. Your adventure lies ahead, and The Power of Character Strengths is your must-have resource for building your best life!

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This groundbreaking handbook of character strengths and virtues is the first progress report from a prestigious group of researchers who have undertaken the systematic classification and measurement of widely valued positive traits. Character Strengths and Virtues classifies twenty-four specific strengths under six broad virtues that consistently emerge across history and culture. This book demands the attention of anyone interested in psychology and what it can teach about the good life.

Character Strengths and Virtues: A Handbook of Classification Oxford University Press "Character" has become a front-and-center topic in contemporary discourse, but this term does not have a fixed meaning. Character may be simply defined by what someone does not do, but a more active and thorough definition is necessary, one that addresses certain vital questions. Is character a singular characteristic of an individual, or is it composed of different aspects? Does character--however we define it--exist in degrees, or is it simply something one happens to have? How can character be developed? Can it be learned? Relatedly, can it be taught, and who might be the most effective teacher? What roles are played by family, schools, the media, religion, and the larger culture? This groundbreaking handbook of character strengths and virtues is the first progress report from a prestigious group of researchers who have undertaken the systematic classification and measurement of widely valued positive traits. They approach good character in terms of separate strengths--authenticity, persistence, kindness, gratitude, hope, humor, and so on--each of which exists in degrees. Character Strengths and Virtues classifies twenty-four specific strengths under six broad virtues that consistently emerge across history and culture: wisdom, courage, humanity, justice, temperance, and transcendence. Each strength is thoroughly examined in its own chapter, with special attention to its meaning, explanation, measurement, causes, correlates, consequences, and development across the life span, as well as to strategies for its deliberate cultivation. This book demands the attention of anyone interested in psychology and what it can teach about the good life.

It portrays the existential struggles and downfall of an entire people, the Burgundians, in a military conflict with the Huns and their king."--Jacket.

First published in the year 1842, the present book 'The Masque of the Red Death' by Edgar Allan Poe is a gothic short story that follows Prince Prospero's attempts to avoid a dangerous plague, known as the Red Death, by hiding in his abbey.

Unlock your children's potential by helping them build their strengths. This game-changing book shows us the extraordinary results of focusing on our children's strengths rather than always trying to correct their weaknesses. Most parents struggle with this shift because they suffer from a negativity bias, thanks to evolutionary development, giving them "strengths-blindness." By showing us how to throw the "strengths switch," Lea Waters demonstrates how we can not only help our children build resilience, optimism, and achievement but we can also help inoculate them against today's pandemic of depression and anxiety. As a strengths-based scientist for more than twenty years, ten of them spent focusing on strengths-based parenting, Waters has seen how this approach enhances self-esteem and energy in both children and teenagers. Yet more on the plus side: parents find it a particularly exciting and rewarding way to raise children. With many suggestions for specific ways to interact with your kids, Waters demonstrates how to discover strengths and talents in our children, how to use positive emotions as a resource, how to build strong brains, and

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even how to deal with problem behaviors and talk about difficult situations and emotions. As revolutionary yet simple as Mindset and Grit, *The Strength Switch* will show parents how a small shift can yield enormous results.

Audible Best Seller of 2017 Inc. 11 Great Business Books New York Magazine Best Psychology Books LinkedIn's 12 Books on Leadership to Read Two mavericks in the field of positive psychology deliver a timely message Happiness experts have long told us to tune out our negative emotions and focus instead on mindfulness, positivity, and optimism. Researchers Todd Kashdan, Ph.D., and Robert Biswas-Diener, Dr. Philos., disagree. Positive emotions alone are not enough. Anger makes us creative, selfishness makes us brave, and guilt is a powerful motivator. The real key to success lies in emotional agility. Drawing upon extensive scientific research and a wide array of real-life examples, *The Upside of Your Dark Side* will be embraced by business leaders, parents, and everyone else who's ready to put their entire psychological tool kit to work.

Positive psychology is the scientific study of what goes right in life, from birth to death and at all stops in between. It is a newly-christened approach within psychology that takes seriously the examination of that which makes life most worth living. Everyone's life has peaks and valleys, and positive psychology does not deny the valleys. Its signature premise is more nuanced, but nonetheless important: what is good about life is as genuine as what is bad and, therefore, deserves equal attention from psychologists. Positive psychology as an explicit perspective has existed only since 1998, but enough relevant theory and research now exist to fill a textbook suitable for a semester-long college course. *A Primer in Positive Psychology* is thoroughly grounded in scientific research and covers major topics of concern to the field: positive experiences such as pleasure and flow; positive traits such as character strengths, values, and talents; and the social institutions that enable these subjects as well as what recent research might contribute to this knowledge. Every chapter contains exercises that illustrate positive psychology, a glossary, suggestions of articles and books for further reading, and lists of films, websites, and popular songs that embody chapter themes. A comprehensive overview of positive psychology by one of the acknowledged leaders in the field, this textbook provides students with a thorough introduction to an important area of psychology.

What are the elements of good character? The Values in Action (VIA) project identified 24 qualities such as creative, authentic, loving, forgiving, kind, persistent, prudent, and brave, calling them character strengths. Character strengths are elements of good character valued across time and around the world. If you are curious about your own strengths, join the 3 million people that have taken the free online survey at www.viacharacter.org. *Character Strengths Matter: How to Live a Full Life* brings the 24 character strengths to life with stories involving children, teenagers, adults, and elders and occurring in family life and business settings, in the present and in the distant past, in locations from China to the United States to the Middle East. Research shows that using character strengths in new ways for a week makes people happier up to six months later. This book includes many ideas for using your character strengths in new ways. Based on the unusual premise that a key way to build strength is to act 'as if' you have that strength already, this book includes short passages to read aloud to try on particular character strengths. This concept is well known to actors and elite athletes,

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but less well known to the rest of the world. Look inside the book to see whose words are used to embody hope, gratitude, leadership, creativity, kindness, love and all the rest. More than 30 authors contributed stories to this book, including George Vaillant, the 35-year director of Harvard's Study of Adult Development. Many leaders in the positive psychology field endorse the book, including the 'father of positive psychology' Dr. Martin E. P. Seligman. He writes: "My friend, Chris Peterson, would have loved this book. It brings to life with personal stories, practical recommendations, wisdom, and humor the dry scholarship that he (with an assist from me) did in Character Strengths and Virtues. Chris was very down-to-earth and I am sure he would have concurred in my enthusiastically recommending this book to everyone who works with character strengths in the real world." Martin E. P. Seligman, author of Authentic Happiness and Flourish Proceeds from the sale of this book will be donated to a scholarship at the University of Pennsylvania in honor of the lead researcher of character strengths, the late Christopher Peterson. This scholarship supports the education of future practitioners of positive psychology. This is the third book in the Positive Psychology News series, joining Resilience: How to Navigate Life's Curves and Gratitude: How to Appreciate Life's Gifts. Bottom line, this book is bound to make you learn something new, be inspired about humanity and have a chance to play with character strengths. This book will make you happier.

How do you get to "happily ever after"? In fairy tales, lasting love just happens. But in real life, healthy habits are what build happiness over the long haul. Happy Together, written by positive psychology experts and husband-and-wife team Suzann Pileggi Pawelski and James O. Pawelski, is the first book on using the principles of positive psychology to create thriving romantic relationships. Combining extensive scientific research and real-life examples, this book will help you find and feed the good in yourself and your partner. You will learn to develop key habits for building and sustaining long-term love by:

- Promoting a healthy passion
- Prioritizing positive emotions
- Mindfully savoring experiences together
- Seeking out strengths in each other

Through easy-to-follow methods and fun exercises, you'll learn to strengthen your partnership, whether you're looking to start a relationship off on the right foot, weather difficult times, reignite passion, or transform a good marriage into a great one.

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