

Positive Psychology The Science Of Happiness And Human Strengths

Introduktion til positiv psykologi

"The best general introduction to positive psychology available." Dr Alex Linley, University of Leicester, UK "Dr Ilona Boniwell is recognized as Europe's leading researcher, innovator and thinker in the expanding world of positive psychology. Positive Psychology in a Nutshell offers something for everyone with an interest in discovering how to live optimally. This brilliant littlebook is packed with scientific evidence identifying the key ingredients that help to create a happy life. Read it and learn how to change yours for the better." Dr Cecilia d'Felice, Consultant Psychologist, Author and Columnist for The Times and The Metro

"Positive Psychology in a Nutshell is a little gem of a book, beautifully and engagingly written, and having the marks of a cogent teacher who has mastered the contemporary structure, bounds and outreach of her field. This is a 'must read', and a welcome antidote for all those engaged in the caring professions." Richard Whitfield, Human Development Specialist, Educator, Poet and Chairman of Trustees of the Face-to-Face Trust "As good an introduction to positive psychology as you can read. A must-read book for all those involved in the

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education and health industries." Dr Anthony Seldon, Master, Wellington College, Berkshire, UK " Positive Psychology in a Nutshell is a comprehensive, user friendly, thoughtful introduction and critique of the field. Simply put, it is the best overview out there that can be read in a couple of sittings. Those with no psychology background find it fascinating and informative; those with serious credentials find it to be a credible overview and critique of the field." Dr Carol Kauffman, Co-founder and Director of the Coaching and Positive Psychology Initiative, Harvard Medical School, USA "In a nutshell, I could scarcely put down this intelligent, balanced and irresistible introduction to positive psychology!" Dr Sean Cameron, Co-Director, Practitioner Doctorate in Educational Psychology, University College London, UK "It is very readable, seductively so, and is no doubt as good an introduction to the subject as you can get ... Emotional wellbeing is complex and there are useful insights here to shore up the flabby phrases tossed around by politicians ... There are some parts of this book I will use and anyone who wants to find out about positive psychology should start here." Mike Shooter is a child psychiatrist and President of BACP, UK When you hear the words 'positive psychology' or 'the science of well-being', do you wonder what it's all about? 'What makes us fulfilled?' and 'Is happiness necessary for a good life?' Discover the latest thinking on the topics of happiness, flow, optimism,

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motivation, character strengths and love, and learn how to apply it to your life. Ilona Boniwell presents an engaging overview of the science of optimal functioning and well-being, which combines real readability with a broad academic base applied to day-to-day life. Now fully updated and enhanced with new material on how to: Change your mindset Practice mindfulness Develop better resilience Enhance your well-being at work Adopt positive leadership Introducing positive psychology in a friendly, straightforward way, this international bestseller is peppered with many simple tools and tips for daily living that will help you love your life.

The second volume in the collected works of Mihaly Csikszentmihalyi covers about thirty years of Csikszentmihalyi's work on three main and interconnected areas of study: attention, flow and positive psychology. Describing attention as psychic energy and in the footsteps of William James, Csikszentmihalyi explores the allocation of attention, the when and where and the amount of attention humans pay to tasks and the role of attention in creating 'experiences', or ordered patterns of information. Taking into account information processing theories and attempts at quantifying people's investment, the chapters deal with such topics as time budgets and the development and use of the Experience Sampling Method of collecting data on attention in everyday life. Following the

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chapters on attention and reflecting Csikszentmihalyi's branching out into sociology and anthropology, there are chapters on the topic of adult play and leisure and connected to that, on flow, a concept formulated and developed by Csikszentmihalyi. Flow has become a popular concept in business and management around the world and research on the concept continues to flourish. Finally, this volume contains articles that stem from Csikszentmihalyi's connection with Martin Seligman; they deal with concepts and theories, as well as with the development and short history, of the field and the "movement" of positive psychology.

One of the most influential living psychologists looks at the history of his life and discipline, and paints a much brighter future for everyone. When Martin E. P. Seligman first encountered psychology in the 1960s, the field was devoted to eliminating misery: it was the science of how past trauma creates present symptoms. Today, thanks in large part to Seligman's Positive Psychology movement, it is ever more focused not on what cripples life, but on what makes life worth living--with profound consequences for our mental health. In this wise and eloquent memoir, spanning the most transformative years in the history of modern psychology, Seligman recounts how he learned to study optimism--including a life-changing conversation with his five-year-old daughter.

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He tells the human stories behind some of his major findings, like CAVE, an analytical tool that predicts election outcomes (with shocking accuracy) based on the language used in campaign speeches, the international spread of Positive Education, the launch of the US Army's huge resilience program, and the canonical studies that birthed the theory of learned helplessness--which he now reveals was incorrect. And he writes at length for the first time about his own battles with depression at a young age. In *The Hope Circuit*, Seligman makes a compelling and deeply personal case for the importance of virtues like hope, gratitude, and wisdom for our mental health. You will walk away from this book not just educated but deeply enriched.

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.

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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.

Positive Psychology: A Workbook for Personal Growth and Well-Being offers students a wealth of different activities to make concepts in positive psychology come alive. Based on scientific, psychological research that supports learning, activities include self-reflection and interviews with the reader's family and friends. The workbook can be used with William C. Compton and Edward Hoffman's Positive Psychology: The Science of Happiness and Flourishing, Third Edition or as a supplement to other core texts. **INSTRUCTORS:** Bundle Positive Psychology: A Workbook for Personal Growth and Well-Being with the core text by the same authors, Positive Psychology: The Science of Happiness

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and Flourishing, Third Edition, for only \$5 more! Bundle ISBN:
978-1-5443-7019-4

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

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Routledge International Handbook of Critical Positive Psychology will be enlightening reading for anyone interested in how psychology has sought to understand human well-being.

The third edition of Positive Psychology is an accessible introduction to this rapidly growing field. It covers all major positive psychology topics including wellbeing, character strengths, optimism, gratitude, savouring, flow, mindfulness, emotional intelligence, creativity, giftedness, wisdom, growth mindset, grit, self-esteem, self-efficacy, adaptive defences mechanisms, functional coping strategies, positive relationships, and positive psychology interventions. Positive Psychology retains all of the features that made previous editions so popular, including - Learning objectives - Accounts of major theories - Reviews of relevant research - Self-assessment questionnaires - Self-development exercises - Chapter summaries - Key term definitions - Research questions for student projects - Essay questions for student assignments - Personal development questions for student exercises - Relevant web material - Further reading This new edition has been completely updated to take account of the exponential growth of research in the field. It will prove a valuable resource for students and faculty in psychology and related disciplines including social work, nursing, teaching, counselling, and psychotherapy. This edition also provides access to

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online teaching resources.

POSITIVE PSYCHOLOGY Bringing together today's most prominent positive psychology researchers to discuss current themes and issues in the field Positive psychology is the scientific study of the strengths, rather than the weaknesses, in human thoughts, feelings, and behaviors. For much of its history, psychology has focused on the negative, completely overlooking the positive attributes that allow individuals and communities to thrive. Positive Psychology is a collection of essays that together constitutes a much-needed theoretical rationale and critical assessment of the field. This book reassesses what we already know and provides directions for the future. Contributors are leading international authors, including Mihaly Csikszentmihalyi, Robert Sternberg, Vittorio Caprara, C. Daniel Batson, and Illona Boniwell, among others. These luminaries write in a way that is rigorous enough for academic use but accessible to professionals, policymakers, and lay audiences as well. The content of Positive Psychology include both theoretical applied contributions focusing on a range of areas including altruism, positive creativity, science of well-being, forgiveness, coaching for leadership, cyberpsychology, intelligence, responding to catastrophes like COVID-19, time perspective, physiological and epigenetic, youth civic engagement, ups and downs of love, flow and good life, global perspectives on positive psychology, self and collective efficacy, positive psychology interventions and positive orientation. The book is pitched to senior undergraduates, graduates, academics and researchers and

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provides insights and perspectives into neglected and unresolved questions. Brings together the latest viewpoints and research findings on positive psychology, from the leading thinkers in the field Offers both theoretical and applied insights, for a well-rounded reference on this new and fast growing field Contains contributions from well known authors like Mihaly Csikszentmihalyi, Robert Sternberg, and Vittorio Caprara Appeals to academic, professional, and lay audiences with an interest in acquiring a profound knowledge of positive psychology No other book currently on the market addresses such a breadth of issues in positive psychology. Positive Psychology represents a significant theoretical boost to this exciting field.

Nearly 60% of today's marriages end in divorce, and of the 40% that stay intact, many languish. What is the secret to relationships that not only survive, but thrive? In *Happy Together*, positive psychology experts and husband-and-wife team Suzann Pileggi Pawelski and James Pawelski reveal for the first time how to apply the principles of positive psychology to create and enjoy healthy, successful, and satisfying relationships that last. Combining their deep knowledge in this field with extensive scientific research, real-life examples, advice from relationship scientists, and fun exercises and quizzes for couples, they identify four key areas that are crucial for building and sustaining love over the long run- passion, positive emotions, savoring, and strengths. Their easy-to-follow, step-by-step method shows how to cultivate these elements successfully at any stage of a partnership or marriage. Inspiring, encouraging and accessible, *Happy*

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Together is the essential roadmap to rewarding, long-lasting romance for any couple, whether they're looking to start off a relationship on the right foot, weather difficult times, reignite passion, or transform a good marriage into a great one.

For over a century the focus of psychotherapy has been on what ails us, with the therapeutic process resting upon the assumption that unearthing past traumas, correcting faulty thinking, and restoring dysfunctional relationships is curative. But something important has been overlooked: the positives. Shouldn't making us happier, better people be explicit goals of therapy? *Positive Psychotherapy: Workbook* guides readers through a session-by-session therapeutic approach based on the principles of positive psychology, an exciting new area of study examining the factors that enable us to flourish. This workbook, designed to be used in conjunction with the accompanying clinician's manual, first explains what exactly positive psychotherapy is, exploring the important concepts of character strengths. What follows are 15 positive psychotherapy sessions, each complete with lessons, guidelines, skills, and worksheets for practicing positive psychology skills learned in session. Those interested in improving well-being through psychotherapy will find in *Positive Psychotherapy* a refreshing complement to other approaches, endowing readers with a sense of purpose and meaning that many have found lacking in more traditional therapies.

This book provides an accessible and balanced introduction to positive psychology scholarship and its applications, incorporating an overview of the development of

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positive psychology. Positive Psychology: The Basics delineates positive psychology's journey as a discipline, takes stock of its achievements and provides an updated overview of its core topics, exploring the theory, research and interventions in each. Launched as a rebellious discipline just over two decades ago, positive psychology challenged the emphasis of applied psychology on disease and dysfunction and offered a new, more balanced perspective on human life. From its foundations in the late 20th century to recent "second-wave" theories around the importance of recognizing negative emotions, this compact overview covers the key ideas and principles, from research around emotional wellbeing, optimism and change, to posttraumatic growth and positive relationships. The first jargon-free introduction to the subject, Hart introduces the reader to a range of issues, including self-regulation and flow, character strengths and virtues and positive relationships, concluding with a chapter on how interventions can affect happiness and wellbeing. Positive Psychology: The Basics is an essential resource for students, practitioners, academics and anyone who is interested in understanding the essence of a life well lived.

Positive psychology moves psychology from a medical model toward a strengths model to help clients shore up their strengths and thereby lead happier, more fulfilling lives. Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients provides concrete language and interventions for integrating positive psychology techniques into any mental health practice.

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We are all looking to flourish, to experience joy, feel engaged with the world, and experience meaningful lives. But the stresses and strains of our daily lives makes this a challenge. Using *Positive Psychology Every Day: Learning How to Flourish* is about (re)finding the art of living, enabling you to flourish. Bringing together the best of positive psychology, this book introduces eight evidence-based resources of well-being and flourishing: positive emotions, the discovering and use of strengths, optimism, compassion, post-traumatic growth, positive relationships and spirituality. Each chapter has a concise, simple theoretical introduction and several evidence-based, easy-to-apply exercises. This book is for anyone experiencing stress, distress or lower well-being, as well as coaches and therapists who can use the book for clients in the context of guided self-help.

This book brings together two bodies of knowledge - wellbeing and recovery. Wellbeing and 'positive' approaches are increasingly influencing many areas of society. Recovery in mental illness has a growing empirical evidence base. For the first time, overlaps and cross-fertilisation opportunities between the two bodies of knowledge are identified. International experts present innovations taking place within the mental health system, which include wellbeing-informed new therapies, e-health approaches and peer-led recovery communities. State-of-the-art applications of wellbeing to the wider community are also described, across education, employment, parenting and city planning. This book will be of interest to anyone connected with the mental health system, especially

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people using and working in services, and clinical and administrators leaders, and those interested in using research from the mental health system in the wider community.

This book examines the range of new theories, research, and applications in the most generative areas of positive psychology, at the dawn of a new wave of positive psychology scholarship—one that is increasingly sensitive to real-world issues, adversity, culture, and context. • Offers an unprecedented examination of the most generative subjects in positive psychology • Provides a scientifically grounded, thorough, and accessible overview of positive psychology theory, research, and practice • Showcases a new wave of positive psychology that is mainstreaming increased sensitivity to adversity, culture, and contextual factors • Brings together contributions from renowned leaders and prolific thinkers in positive psychology • Presents cutting-edge information that will be useful to scholars, students, as well as general readers

Emphasizing the science of positive psychology, this comprehensive and engaging textbook features up-to-date research and major new topics.

A smart and funny book by a prominent Harvard psychologist, which uses groundbreaking research and (often hilarious) anecdotes to show us why we're so lousy at predicting what will make us happy – and what we can do about it. Most of us spend our lives steering ourselves toward the best of all possible

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futures, only to find that tomorrow rarely turns out as we had expected. Why? As Harvard psychologist Daniel Gilbert explains, when people try to imagine what the future will hold, they make some basic and consistent mistakes. Just as memory plays tricks on us when we try to look backward in time, so does imagination play tricks when we try to look forward. Using cutting-edge research, much of it original, Gilbert shakes, cajoles, persuades, tricks and jokes us into accepting the fact that happiness is not really what or where we thought it was. Among the unexpected questions he poses: Why are conjoined twins no less happy than the general population? When you go out to eat, is it better to order your favourite dish every time, or to try something new? If Ingrid Bergman hadn't gotten on the plane at the end of Casablanca, would she and Bogey have been better off? Smart, witty, accessible and laugh-out-loud funny, *Stumbling on Happiness* brilliantly describes all that science has to tell us about the uniquely human ability to envision the future, and how likely we are to enjoy it when we get there.

Instructors - Electronic inspection copies are available or contact your local sales representative for an inspection copy of the print version. "If you think you know what positive psychology is, think again! This book offers a new integrative vision for making life better that takes in the body and the brain, culture and society,

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childhood and development... A must read for students." - Stephen Joseph, University of Nottingham "Captures the best of the positive psychology initiative, and most importantly, translates it to practice. The authors bring remarkable depth and breadth to the subject matter and do so in a way that is fresh, engaging, relevant, and unusually thoughtful." - Carol Ryff, University of Wisconsin-Madison "If you want to understand what positive psychology really is, learn how it works in practice and discover its huge potential to transform our lives and our world then look no further than this superb book. I really can't recommend it highly enough." - Mark Williamson, Director of Action for Happiness This exciting new textbook, written by leading academics in the UK, offers the very first authored title on applied positive psychology for university courses. Consisting of the latest cutting-edge theory and research in the subject and structured around a pioneering multidimensional model of wellbeing, this book will provide you with the knowledge and tools to apply positive psychology in many areas of life. These include interventions aimed at developing mental and physical functioning, to recommendations for enhancing relationships and reshaping organisational structures. The book shows how these practices can be successfully deployed in diverse real-world settings, from the classroom to the workplace. Key features include: Learning objectives set out at the start of each

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chapter Practice essay questions throughout and quizzes to test your knowledge at the end of each chapter Useful measurement tools and recommendations for research Summary boxes and suggested further reading and resources Case studies and 'Reflection' boxes that invite you to explore topics in greater depth and relate findings to your everyday life. This book will be essential reading for all students with an interest in or studying a course in applied positive psychology, and is strongly recommended to students taking a wider course in positive psychology and the psychology of happiness and wellbeing.

This book is the definitive text in the field of positive psychology, the scientific study of what makes people happy. The handbook's international slate of renowned authors summarizes and synthesizes lifetimes of research, together illustrating what has worked for people across time and cultures. Now in paperback, this second edition provides both the current literature in the field and an outlook on its future.

Mindfulness in Positive Psychology brings together the latest thinking in these two important disciplines. Positive psychology, the science of wellbeing and strengths, is the fastest growing branch of psychology, offering an optimal home for the research and application of mindfulness. As we contemplate mindfulness in the context of positive psychology, meaningful insights are being revealed in

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relation to our mental and physical health. The book features chapters from leading figures from mindfulness and positive psychology, offering an exciting combination of topics. Mindfulness is explored in relation to flow, meaning, parenthood, performance, sports, obesity, depression, pregnancy, spirituality, happiness, mortality, and many other ground-breaking topics. This is an invitation to rethink about mindfulness in ways that truly expands our understanding of wellbeing. Mindfulness in Positive Psychology will appeal to a readership of students and practitioners, as well as those interested in mindfulness, positive psychology, or other relevant areas such as education, healthcare, clinical psychology, counselling psychology, occupational psychology, and coaching. The book explores cutting edge theories, research, and practical exercises, which will be relevant to all people interested in this area, and particularly those who wish to enhance their wellbeing via mindfulness.

This broad and innovative self-development guide shows readers how they can use scientific findings from contemporary positive psychology to enhance their lives. Containing dozens of practical exercises and real-life examples, it helps bring positive psychology findings from the lab into day-to-day life. Divided into six parts and covering a wide array of themes, this book is designed to help people with or without mental health problems enhance their well-being. It

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answers questions like: what is well-being? What are the main determinants of well-being, and how can we sustain it? There are also chapters on physical exercise, progressive muscle relaxation and mindfulness meditation, savouring pleasures, creative solution-finding and developing compassionate relationships. This non-technical and highly accessible book will be of interest to those from all backgrounds with an interest in self-development, as well as mental health workers and related professionals.

Positive Psychology Coaching in Practice provides a comprehensive overview of positive psychology coaching, bringing together the best of science and practice, highlighting current research, and emphasising the applicability of each element to coaching. With an international range of contributors, this book is a unique resource for those seeking to integrate positive psychology into their evidence-based coaching practice. Beginning with an overview of positive psychology coaching, the book includes an assessment of theories of wellbeing, an examination of mindfulness research, a guide to relevant neuroscience, and a review of a strengths-based approach. It also contains chapters which explore the application of ACT, the role of positive psychology in wellness and resilience coaching, positive leadership theory, and developmental psychological theories as they relate to coaching through significant life transitions. In each chapter,

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theory and research is thoroughly explored and applied directly to coaching practice, and supported with a list of relevant resources and a case study. The book concludes with the editors' views on the future directions of positive psychology coaching. Positive Psychology Coaching in Practice will be essential reading for professional coaches in practice and in training seeking to enhance their evidence-based practice, coaching psychologists, practitioners of positive psychology, and academics and students of coaching, coaching psychology and positive psychology.

Positive Psychology has experienced extraordinary growth over the past decade. Emerging research in this area is suggesting new strategies for improving everyday life, healthcare, education systems, organizations and work life, and societies across the globe. This book will be of interest to all applied psychologists, applied researchers, social and organizational psychologists, and anyone interested in applying the science of positive psychology to improvement of the human condition.

The church and science have drifted apart over the past century. Today the church is often deemed irrelevant by those who trust science, and science is often deemed irrelevant by those whose primary loyalties are to the church. However, this book shows that the new science of virtue--the field of positive psychology--can serve as a bridge point between science and the

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church and can help renew meaningful conversation. In essence, positive psychology examines how ordinary people can become happier and more fulfilled. Mark McMinn clarifies how positive psychology can complement Christian faith and promote happiness and personal flourishing. In addition, he shows how the church can help strengthen positive psychology. McMinn brings the church's experience and wisdom on six virtues--humility, forgiveness, gratitude, grace, hope, and wisdom--into conversation with intriguing scientific findings from positive psychology. Each chapter includes a section addressing Christian counselors who seek to promote happiness and fulfillment in others.

Remediating deficits and managing disabilities has been a central preoccupation for clinical psychologists. Positive Psychology, in contrast, is concerned with the enhancement of happiness and well-being, involving the scientific study of the role of personal strengths and positive social systems in the promotion of optimal wellbeing. Alan Carr's Positive Psychology has become essential reading for anyone requiring a thorough and accessible introduction to the field. This new edition retains all the features that made the first edition so popular, including: accounts of major theories and relevant research learning objectives chapter summaries research and personal development questions suggestions for further reading measures for use in research glossaries of new terms. The book has also been completely updated to take account of recent research and major advances, and includes a new chapter on Positive Psychotherapy, an extended account of research on character strengths and virtues, and a discussion of recent ground-breaking research on emotional intelligence. This new edition of Positive Psychology will prove a valuable resource for psychology students and lecturers, as well as those involved in postgraduate training in related areas such as clinical

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psychology, social work, counselling and psychotherapy.

It's the reason why spending time on Facebook makes us feel sad and lonely. Why expensive name-brand medicines provide better pain relief than the generic stuff, even if they share the same ingredients. And why a hospital room with a good view speeds up recovery from surgery. The truth is, the way we think about ourselves and the world around us dramatically impacts our happiness, health, how fast or slow we age, and even how long we live. In fact, people with a positive mindset about aging live on average 7.5 years longer than those without. That might sound alarming to those of us who struggle to see the bright side, but the good news is we can make surprisingly simple changes or small shifts to how we think, feel, and act that will really pay off. In *The Positive Shift: Mastering Mindset to Improve Happiness, Health, and Longevity*, Dr. Catherine Sanderson breaks down the science of thought and shows how our mindset—or thought pattern—exerts a substantial influence on our psychological and physical health. Most important, this book demonstrates how, no matter what our natural tendency, with practice we can make minor tweaks in our mindset that will improve the quality—and longevity—of our life. Combining cutting-edge research from the fields of psychology, neuroscience, and medicine, as well as vivid real-world examples of the power of mindset, *The Positive Shift* gives readers practical and easy strategies for changing maladaptive thought patterns and behaviors so they can live longer, happier lives. These behaviors include:

- Appreciating nature, with actions as simple as eating lunch outside
- Giving to others, like volunteering
- Spending money on experiences, not possessions

Living your best life is truly mind over matter. Believe in yourself and rethink your way to a happier reality.

In recent times there has been growing interest in positive psychology as evidenced by the

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swell in positive psychology graduate programs, undergraduate courses, journals related to the topic, popular book titles on the topic and scholarly publications. Within the positive psychology community there has been an increased emphasis on the socially beneficial side of positive psychological science. At the First World Congress of the International Positive Psychology Association there was a major push to look at positive psychology as a social change mechanism. This volume will bring together thoughts of leaders in positive psychology from 8 countries to capitalize on the push toward social change and flourishing. By releasing this title at a critical time Springer has the opportunity to help frame the agenda for positive psychology as a force for social change. This seminal work is meant for anyone interested in happiness, strengths, flourishing or positive institutions It introduces Positive Psychology as an unapplied science that can be used to create positive social transformation and enabling institutions. This is a must-have title for academics, especially psychologists, sociologists, economists, and professionals working in the field of Positive Psychology and Well-Being.

Topically organized, *Positive Psychology: The Science of Happiness and Flourishing* presents a highly engaging, up-to-date introduction to positive psychology. Authors William C. Compton and Edward Hoffman invite students to apply practices to their own lives, contexts, and experiences to ensure understanding. The text examines how positive psychology applies to stressors and health within such traditional research areas as developmental, clinical, personality, motivational, social, and behavioral psychology. Furthermore, the text offers perspectives on positive emotional states, research and theory on positive traits, coverage of positive institutions, and a look at the future of positive psychology. The Third Edition reflects significant growth in field with hundreds of new references and expanded content on topics

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including mindfulness, money and subjective well-being, and romantic love. INSTRUCTORS: Bundle Positive Psychology, Third Edition with Positive Psychology: A Workbook for Personal Growth and Well-Being for only \$5 more! Bundle ISBN: 978-1-5443-7019-4
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When a cultural movement that began to take shape in the mid-twentieth century erupted into mainstream American culture in the late 1990s, it brought to the fore the idea that it is as important to improve one's own sense of pleasure as it is to manage depression and anxiety. Cultural historian Daniel Horowitz's research reveals that this change happened in the context of key events. World War II, the Holocaust, post-war prosperity, the rise of counter-culture, the crises of the 1970s, the presidency of Ronald Reagan, and the prime ministerships of Margaret Thatcher and David Cameron provided the important context for the development of the field today known as positive psychology. *Happier?* provides the first history of the origins, development, and impact of the way Americans -- and now many around the world -- shifted from mental illness to well-being as they pondered the human condition. This change, which came about from the fusing of knowledge drawn from Eastern spiritual traditions, behavioral economics, neuroscience, evolutionary biology, and cognitive psychology, has been led by scholars and academic entrepreneurs, as they wrestled with the implications of political events and forces such as neoliberalism and cultural conservatism, and a public eager for self-improvement. Linking the development of happiness studies and positive psychology with a broad series of social changes, including the emergence of new media and technologies like TED talks, blogs, web sites, and neuroscience, as well as the role of evangelical ministers, Oprah Winfrey's enterprises, and funding from government agencies and private foundations,

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Horowitz highlights the transfer of specialized knowledge into popular arenas. Along the way he shows how marketing triumphed, transforming academic disciplines and spirituality into saleable products. Ultimately, *Happier?* illuminates how positive psychology, one of the most influential academic fields of the late twentieth and early twenty-first centuries, infused American culture with captivating promises for a happier society.

"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

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book demands the attention of anyone interested in psychology and what it can teach about the good life.

The first reference to bring scientifically proven approaches to the practice of personal and executive coaching The Evidence Based Coaching Handbook applies recent behavioral science research to executive and personal coaching, bringing multiple disciplines to bear on why and how coaching works. A groundbreaking resource for this burgeoning profession, this text presents several different coaching approaches along with the empirical and theoretical knowledge base supporting each. Recognizing the special character of coaching-that the coaching process is non-medical, collaborative, and highly contextual-the authors lay out an evidence-based coaching model that allows practitioners to integrate their own expertise and the needs of their individual clients with the best current knowledge. This gives coaches the ability to better understand and optimize their own coaching interventions, while not having to conform to a single, rigidly defined practice standard. The Evidence Based Coaching Handbook looks at various approaches and applies each to the same two case studies, demonstrating through this practical comparison the methods, assumptions, and concepts at work in the different approaches. The coverage includes: An overview: a contextual model of coaching approaches Systems and complexity theory The behavioral perspective The humanistic perspective Cognitive coaching Adult development theory An integrative, goal-focused approach Psychoanalytically informed

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coaching Positive psychology An adult learning approach An adventure-based framework Culture and coaching

Explains the four pillars of well-being--meaning and purpose, positive emotions, relationships, and accomplishment--placing emphasis on meaning and purpose as the most important for achieving a life of fulfillment.

Positive psychological science has experienced extraordinary growth over the past two decades. Research in this area is revealing new strategies and interventions for improving everyday life, health and well-being, work, education, and societies across the globe. Contributions from luminaries in the field provide excellent reviews of the selected topics, summarizing empirical evidence, describing measurement tools, and offering recommendations for improving many aspects of our lives. Comprehensively updated, this second edition not only incorporates the more recent empirical findings; three new chapters on relationships and love, the importance of purpose, and the stimulation of education practice have been added. Focused on peer-reviewed and theory-driven psychological science, this book uniquely establishes a bridge between the intellectual movement for positive psychology and how it works in the real world. This collection of chapters will inspire the reader to creatively find new opportunities to better the human condition, whether these are in our lives, schools, health care settings, or workplaces. This book will be of interest to all psychologists and social scientists, applied researchers, program designers and evaluators, educators, leaders,

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students, and anyone interested in applying the science of positive psychology to improve everyday life and/or to promote social betterment and justice locally and globally.

Looking for an introduction to positive psychology that offers real-life examples? This overview of the science of happiness supplies case studies from some of the world's most successful organizations and describes ways to experience the personal impact of this exciting scientific field. Grounded in academics but accessible to a wide range of readers Challenges the reader to engage in the material and examine the application of positive psychology across multiple domains Provides an extensive bibliography with references to books, journal articles, popular press articles, and websites Includes examples of how media and technology can promote happiness and well-being Provides practical and applied knowledge in the field that can be used in one's daily life This volume is a comprehensive review of theoretical and empirical contributions to positive psychology. It provides a scientific understanding of how human strengths help people psychologically and physically, showing how stressful circumstances do not inexorably lead to negative prognoses. It examines how individuals confront challenges, appreciate others, and regard daily experiences as meaningful. Many of the chapters also challenge the negative, disease-model approach that dominates much of the research concerning health and well-being. Chapters also address applications and future directions for the field. The broad scope makes it a key resource for

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undergraduates, graduates, researchers, and practitioners in social, clinical, and positive psychology.

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.

Positive Psychology brings together a range of research and a comprehensive review of the more recent work and lessons learned since the founder's original vision of this field. Organised into five sections: An Introduction, Positive Experiences, Personality Processes, External Influences, and Applications, this text provides a thorough introduction to an interesting and challenging area in Psychology. With a final look at the future of Positive Psychology, and its potential to inform social change and how

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useful this knowledge can be when considering the well-being of entire societies, this text is an enlightening read and invaluable resources for students. Strongly guided by empirical work this text encourages the reader to think critically and go beyond the facts. Key features: Provides a framework for teaching and understanding global trends in Positive Psychology. Inclusion and a review of up-to-date research. Using storytelling and happiness's intrinsic appeal to foster interest in the methods we use to answer important questions in Positive Psychology. Online resources including student self-tests, an instructor test bank, and links to additional web content.

Bringing both the science, and the real-life applications, of positive psychology to life for students This revision of the cutting edge, most comprehensive text for this exciting field presents new frameworks for understanding positive emotions and human strengths. The authors—all leading figures in the field—show how to apply the science to improve schooling, the workplace, and cooperative lifestyles among people. Well-crafted exercises engage students in applying major principles in their own lives, and more than 50 case histories and comments from leaders in the field vividly illustrate key concepts as they apply to real life.

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