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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,

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a glossary, suggestions of articles and books for further ...

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Positive psychology is the scientific study of what goes right in life, from birth to death

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Positive psychology is the scientific study of

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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.

~~A Primer in Positive Psychology—
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Massimini and Delle Fave conceptualize the notion of optimal experience (or Csikszentmihalyi ' s concept of flow), which is a multifaceted experiential state characterized by reciprocal integration of one ' s cognitions, emotions, and motivations (Delle Fave, 2009). Chris Peterson (2000) conducts work on optimism.

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Psychology (Oxford ...~~

Positive Psychology: The Scientific and
Practical Explorations of Human Strengths.
Thousand Oaks, CA: Sage

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Positive psychology is the scientific study of what goes right in life, from birth to death and at all stops in between. Every life has peaks and valleys; positive psychology does not deny this valleys, but holds that: what is good about life is as genuine as what is bad and, therefore, deserves equal attention from psychologists. A Primer in Positive Psychology is thoroughly grounded in ...

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Christopher Peterson...~~

Christopher Peterson is one of the founders of the discipline of positive psychology. As professor of U. And Michigan since 1986, he has become one of the most noted psychologists of the 20th century. His textbook "Primer for Positive Psychology" is a witty and insightful look into the new study of positive psychology.

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~~A primer in positive psychology (eBook,
2006) [WorldCat.org]~~

positive psychology. • Abraham Maslow actually coined the term positive psychology when he used it as a chapter title in his 1954 book, Motivation and Personality. A Positive Psychology Passport Picture As we begin this journey into positive psychology, we ask you to take your “ passport picture ” . Think about face Positive Psychology

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Positive psychology is the study of "positive subjective experience, positive individual traits, and positive institutions promises to improve quality of life". Positive psychology focuses on both individual and societal well-being. Positive psychology began as a new domain of psychology in 1998 when Martin

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Seligman chose it as the theme for his term as president of the American Psychological ...

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