



Positive Psychology in Practice

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A thorough and up-to-date guide to putting positive psychology into practice

From the Foreword: "This volume is the cutting edge of positive psychology and the emblem of its future."
-Martin E. P. Seligman, Ph.D., Fox Leadership Professor of Psychology, University of Pennsylvania, and author of *Authentic Happiness*

Positive psychology is an exciting new orientation in the field, going beyond psychology's traditional focus on illness and pathology to look at areas like well-being and fulfillment. While the larger question of optimal human functioning is hardly new - Aristotle addressed it in his treatises on eudaimonia - positive psychology offers a common language on this subject to professionals working in a variety of subdisciplines and practices. Applicable in many settings and relevant for individuals, groups, organizations, communities, and societies, positive psychology is a genuinely integrative approach to professional practice.

Positive Psychology in Practice fills the need for a broad, comprehensive, and state-of-the-art reference for this burgeoning new perspective. Cutting across traditional lines of thinking in psychology, this resource bridges theory, research, and applications to offer valuable information to a wide range of professionals and students in the social and behavioral sciences.

A group of major international contributors covers:

- The applied positive psychology perspective
- Historical and philosophical foundations
- Values and choices in pursuit of the good life
- Lifestyle practices for health and well-being
- Methods and processes for teaching and learning
- Positive psychology at work

The best and most thorough treatment of this cutting-edge discipline, *Positive Psychology in Practice* is an essential resource for understanding this important new theory and applying its principles to all areas of professional practice.

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