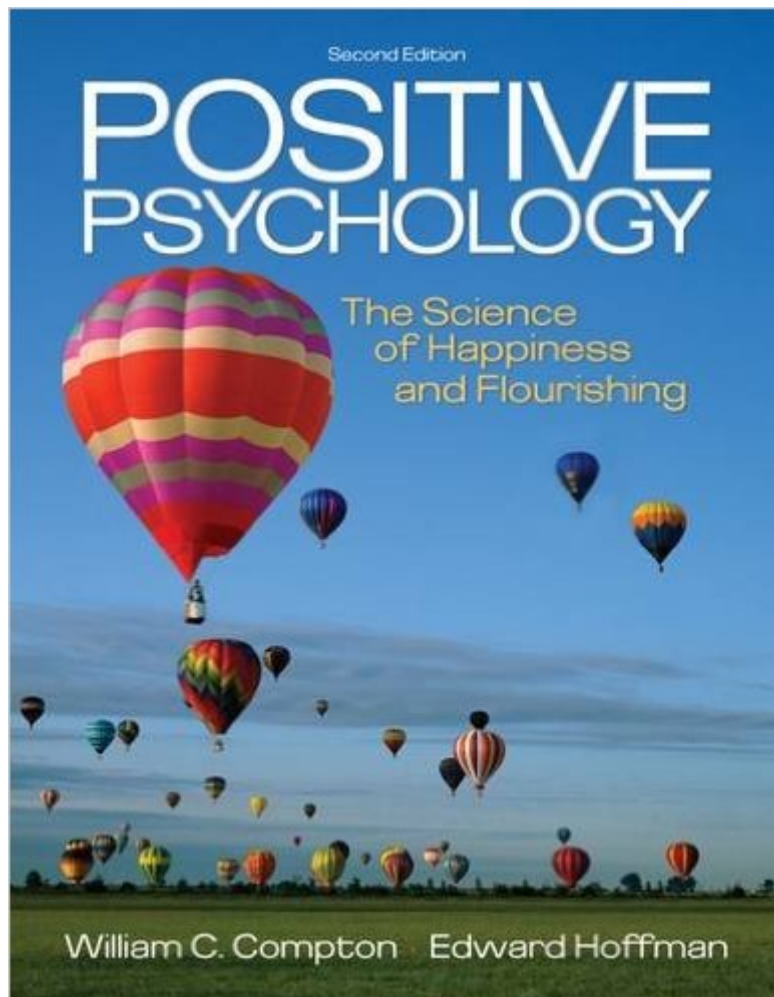


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# Positive Psychology: The Science Of Happiness And Flourishing (PSY 255 Health Psychology)



## Synopsis

This brief paperback presents in-depth coverage of the relatively new area of positive psychology. Topically organized, it looks at how positive psychology relates to stresses and health within such traditional research areas as developmental, clinical, personality, motivational, social, and behavioral psychology.

## Book Information

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## Customer Reviews

The information in this book is possibly the most practical and helpful of any textbook I have ever read. I was very impressed by the authors' ability to pack so much quality information into such a small book. There is little to no filler. Every chapter offers new and enlightening information. I bought this book out of personal interest and am very happy with my purchase. Would highly recommend to anyone taking a positive psychology class or anyone who is simply interested in being a better person and/or improving their life. Great work.

This is the best book on Positive Psychology I have read. As well as being entertainingly written and very thorough and well-organised, I especially like it because of its section on spirituality and religion - topics some positive psychologists don't seem to be interested in, perhaps for fear they will not be seen as 'scientific'. I'm a lecturer in psychology, about to set up a module on Positive at my university, and I will certainly use this book as my core text. Steve Taylor, lecturer in psychology,

Leeds Metropolitan University, UK, author of *The Fall, Waking From Sleep and Back to Sanity*.

This text was assigned in my graduate level Positive Psych class. I found it really informative with a lot of detail and great breadth of information. It is a great stepping stone to some other great works out there by Seligman and Sonja Lyubomirsky.

As program chair of a counseling psychology department, as well as a clinical psychologist, what is most appealing about this textbook is how elegantly the concept of scaffolding is used. Take for example, the way readers are guided from an introduction to positive psychology to the more complex process of self-evaluation; all while taking into consideration the multiple dimensions of diversity, social environment and human behavior. This textbook is unique, in that it challenges readers to consider positive psychology in relation to diversity factors (e.g., such as gender, age, religion, ethnicity, etc...). As well as in relation to social constructs, such as aesthetics, peak-performance, and well-being amongst others. Furthermore, since the chapters branch-out into clear cut topics, as an instructor, I'm able to customize the readings without worrying about confusing students, by not following the chapters in chronological order. Moreover, the chapters provide ample pedagogical resources to synthesize learning and to promote critical thinking. For example, every chapter ends with a "learning tools" section with suggestions for further reading, internet resources, and "personal exploration" ideas, which can be easily adapted to be used as in-class or as online-discussion activities.

I really like the book, helps to keep you looking on the brighter side of life. I got it because it was required for Positive Psychology class in College. I will keep because im enjoying it so much.

I am the director of the Counseling Center at Gonzaga University. The authors provide an excellent historical review of positive psychology. As a counseling psychologist working with students, I found this to be a great resource. It expanded my repertoire of conceptualization skills, especially for student populations who typically access counseling services with hope, a deep sense of optimism, and a lot of human potential. I suggest Counseling Centers include this resource in their libraries and use it as a reference for case conceptualization and for the training of future psychologists. I highly recommended!

Wonderful. As a practicing school psychologist and a strong believer in positive psychology, I found

this book to be both informative and practical. The level of detail and breadth of coverage on the subject is impressive. This should be a graduate level text book, not for an undergraduate level course nor is it for the casual reader looking for answers for psychological topics.

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