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Positive Psychology: building happiness and flourishing ...

A science of positive subjective experience, positive individual traits, and positive institutions promises to improve quality of life and prevent the pathologies that arise when life is barren and meaningless.

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Chapter 6 Selected theories on functioning well and feeling good. Section D: Positive psychology in context Chapter 7 Positive relationships Chapter 8 Positive institutions Chapter 9 Well-being: societies, nations and cultures. Section E: Enhancing flourishing: changing for the better Chapter 10 Activities and programmes to enhance well-being

Towards Flourishing 1/E - Johan Potgieter (Paperback ...

CHAPTER 1 List of topics Positive psychology is the study of topics as diverse as happiness, optimism, subjective wellbeing, and personal growth. The opening chapter has two goals: (1) to describe and critically examine the emergence and development of this new field in

CHAPTER 1 Introduction to Positive Psychology

CHAPTER 8. Positive Psychology: The Science at the Heart of Coaching.

CAROLKAUFFMAN. WHAT YOU WILL understand by the end of this chapter is how the new field of positive psychology provides a robust theoretical and empirical base for the artful practice of life and executive coaching.

Positive Psychology: The Science at the Heart of Coaching

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