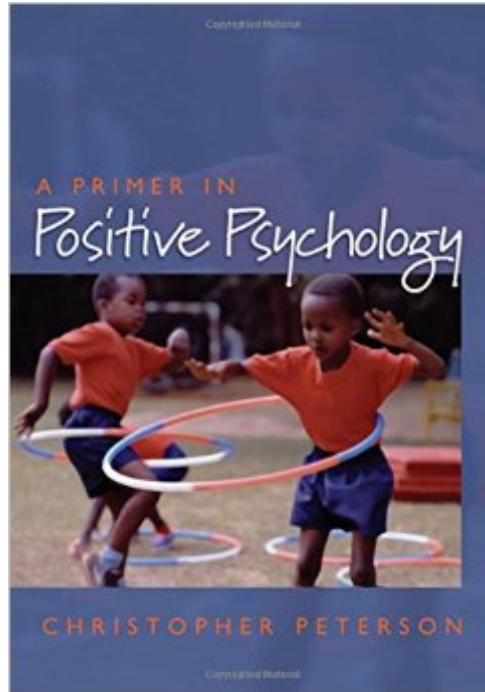


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A Primer In Positive Psychology (Oxford Positive Psychology Series)



Synopsis

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. *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.

Book Information

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At Coaching Toward Happiness and at MentorCoach, we write about the leading figures in positive psychology and in coaching and talk to them in live teleconference interviews. We interviewed Chris three times. His new book is exceptional. Here's why:=====1. It's The Best.=====Okay. This is arguably the best introduction to positive psychology ever written. It ties all the key issues together in a compelling way. It provides understanding, depth, rich resources, and it's fun to read.=====2. It's Reader-Friendly.=====It's a large trade paperback, 314 pages. Rich with fascinating detail, web sites, movies, overarching explanations of research. Bad writing makes the reader feel dumb. Good writing makes the reader feel smart. Chris makes you feel smart.=====3. If You Teach.=====If you teach positive psychology, you have to use this book. Listen to the founder of the field: "This is the definitive textbook in positive psychology. But more than that, it may be the single best textbook on any subject that I have ever read... (It) both made me laugh out loud and brought tears to my eyes." -- Martin E. P. Seligman=====4. For the Bright Professional=====It's perfect for the curious, bright professional who's new to positive psychology and wants to quickly get up to speed.

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