

Character strengths and virtues : a handbook and classification / Christopher Peterson

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20113330&lokasi=lokal>

Abstrak

Character Strengths and Virtues classifies twenty-four specific strengths under six broad virtues that consistently emerge across history and culture: wisdom, courage, humanity, justice, temperance, and transcendence. Each strength is thoroughly examined in its own chapter, with special attention given to its meaning, explanation, measurement, causes, correlates, consequences, and development across the life span, as well as to strategies for its deliberate cultivation. This book demands the attention of anyone interested in psychology and what it can teach about the good life