

Positive psychology: the scientific and practical explorations of human strengths

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Abstrak

This text covers the science and application of positive psychology and presents new frameworks for understanding positive emotions and strengths through a culturally competent lens. The authors bring positive psychology to life by addressing important issues such as how positive psychology can improve schooling and the workplace, as well as how it can promote flourishing in day-to-day life. Throughout the book, well-crafted exercises allow readers to apply major principles to their own lives. The book also explores various positive conditions within multiple cultural contexts, such as happiness and well-being, and processes related to mindfulness, wisdom, courage, and spirituality.