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Positive psychology is just what the name suggests. You are encouraged to focus on the positive aspects of your life or your situation rather than on the negative. This seems simple enough but I think it depends on what exactly your issues are, and the severity of them.

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Introducing Positive Psychology: A Practical Guide. This Practical Guide uses positive psychology to show you how to identify—and play on—your character strengths, how to change your mindset, how to boost your positive emotions, and how to become more resilient.

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This Practical Guide uses positive psychology to show you how to identify—and play on—your character strengths, how to change your mindset, how to boost your positive emotions, and how to become more resilient.

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Positive psychologists seek to find and nurture genius and talent, and to make normal life more fulfilling, rather than treat mental illness. This Practical Guide explores how we can all have a "life of enjoyment", in which we savour the positive emotions that are part of healthy living; a "life of engagement" where we feel confident we can tackle the tasks we face; and a ' life of affiliation ' , being part of something larger than ourselves. Free of jargon but full of straightforward advice ...

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Introducing Positive Psychology – A Practical Guide (Icon Books, 2012) References. Introduction. p.4 Evidence suggests that around 40%... Lyubomirsky, S., Sheldon, K.M. & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. Review of General Psychology, 9(2), 111 – 131. p.7 As British psychologist Oliver James....

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Positive psychology, the scientific study of that which enables us to thrive and flourish, is becoming

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increasingly recognised and adopted in industry, education and healthcare. Unlike a lot of training courses, our emphasis is placed on experiential learning. that encourages you to engage in a practical way with the material we provide.

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Introduction to Positive Psychology Course

7 Practical Resources for Applying Positive Psychology These resources are practical, applied, and simple to implement in your life or to share with your clients. They provide an enjoyable, gentle introduction to the kind of self-work people do in positive psychology. 1.

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Introducing

Positive psychology interventions focus on building resources and preventing resource loss, and include activities that aim to cultivate positive feelings, behaviors and cognitions. In this blog post, we highlight three approaches that can help employees to build their resources and foster well-being at work.

Positive psychology interventions at work – Practical ...

Positive psychology (PP) is the empirical study of how people thrive and flourish; it is the study of the ordinary human strengths and virtues that make life good (Csikszentmihalyi & Nakamura, 2011; Lopez & Snyder, 2009; Peterson,

Studies in Second Language Learning and Teaching

This Practical Guide uses positive psychology to show you how to identify--and play on--your character strengths, how to change your mindset, how to boost your positive emotions, and how to become more resilient.

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