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This book gives a brief explanation of how psychology used to be thought of as 'what's wrong with that person,' and when positive psychology came along it was immediately accepted and acceptable. Many quotes are given showing schools of thought and studies.

Positive Psychology In A Nutshell by Ilona Boniwell

Positive psychology in a nutshell : the science of happiness. [Ilona Boniwell] -- "The book provides a breadth of information about positive psychology with a pinch of critical commentary, and practical tips and tools throughout on how to practice so that you flourish."--Provided ...

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One of the foundational articles in the field of positive psychology is “ Positive Psychology. An Introduction,” written by Martin Seligman and Mihaly Csikszentmihalyi. (2000) “Psychology is much larger than curing mental illness or curing diseases.

Positive Psychology: An Introduction (Summary + PDF)

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All of the topics of positive psychology one would expect are included - including happiness, positive emotions, strengths, hope, love, optimism, flow -

as well as those not always covered so much such as eudaimonic well-being, time, freedom of choice and meaning.

Amazon.co.uk:Customer reviews: Positive Psychology In A ...
4.0 out of 5 stars Positive psychology in a nutshell Reviewed in the United States on August 5, 2019 This book gives a brief explanation of how psychology used to be thought of as 'what's wrong with that person,' and when positive psychology came along it was immediately accepted and

acceptable.

Amazon.com: EBOOK: Positive Psychology in a Nutshell: The ...
Ilona is the author of Positive Psychology in a Nutshell (2006/8, PWBC; 2012, Open University Press), co-author of The Happiness Equation (2008, Adams Media), Positive Psychology: Theory, Research and Applications (2011, Open University Press), Well-Being Lessons for Secondary Schools (2012, Open University Press), co-editor of The Oxford Handbook of Happiness (2013, Oxford University Press) and co-author of Motivated Adolescents (2015, Odile Jacob).