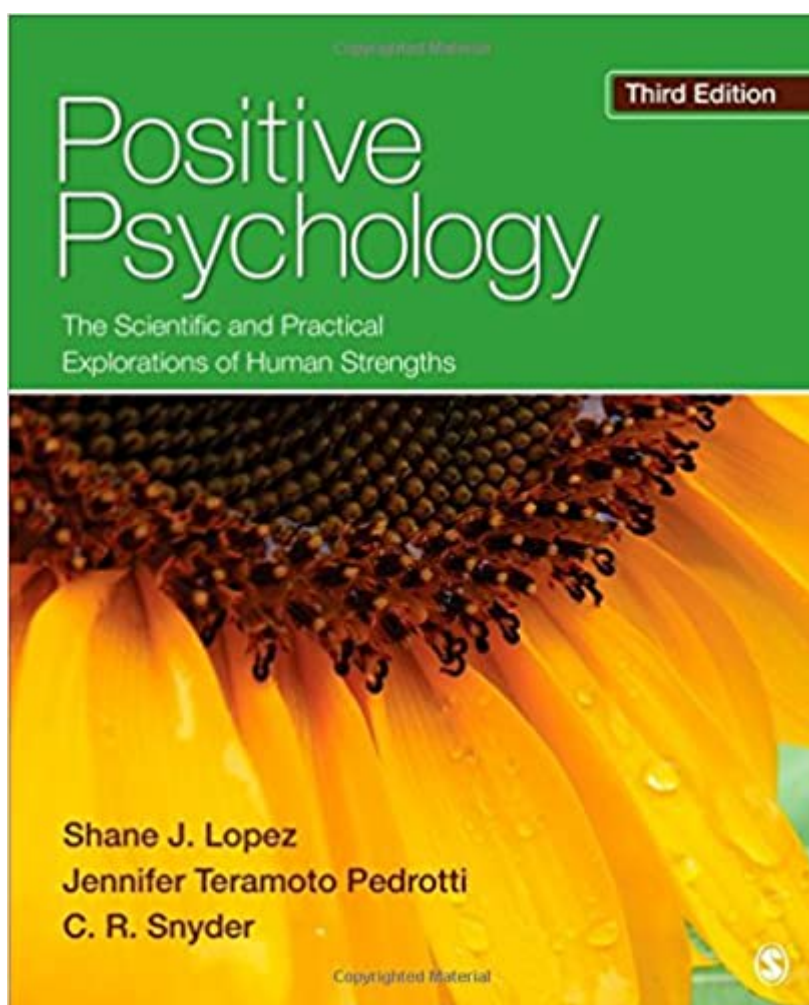


The book was found

Positive Psychology: The Scientific And Practical Explorations Of Human Strengths



Synopsis

The fully updated Third Edition of *Positive Psychology: The Scientific and Practical Explorations of Human Strengths* covers the science and application of positive psychology and presents new frameworks for understanding positive emotions and strengths through a culturally competent lens. Authors Shane J. Lopez, Jennifer Teramoto Pedrotti, and C.R. Snyder 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. "The emphasis is not exclusively clinical; it includes applications and implications across a number of environments and draws from a number of perspectives, including neurobiology. This range makes it an excellent choice for anchoring major concepts so students can explore the application of positive psychology to their specific areas of interest." — Dr. Pamela Rutledge, Massachusetts School of Professional Psychology

Book Information

Paperback: 600 pages

Publisher: SAGE Publications, Inc; 3 edition (August 6, 2014)

Language: English

ISBN-10: 1452276439

ISBN-13: 978-1452276434

Product Dimensions: 9 x 7.3 x 1 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 33 customer reviews

Best Sellers Rank: #10,682 in Books (See Top 100 in Books) #45 in Books > Health, Fitness & Dieting > Mental Health > Emotions #81 in Books > Medical Books > Psychology > Social Psychology & Interactions #123 in Books > Health, Fitness & Dieting > Psychology & Counseling > Social Psychology & Interactions

Customer Reviews

"The emphasis is not exclusively clinical; it includes applications and implications across a number of environments and draws from a number of perspectives, including neurobiology. This range makes it an excellent choice for anchoring major concepts so students can explore the application

of positive psychology to their specific areas of interest."--Dr. Pamela Rutledge, Massachusetts School of Professional Psychology

"The emphasis is not exclusively clinical; it includes applications and implications across a number of environments and draws from a number of perspectives, including neurobiology. This range makes it an excellent choice for anchoring major concepts so students can explore the application of positive psychology to their specific areas of interest." (Dr. Pamela Rutledge, Massachusetts School of Professional Psychology)

Not a good e-book. The layout is horrible and there are no page numbers, only location and percentage. The tables and figures do not enlarge correctly and blur to the point of being unreadable.

Purchased as required textbook for college course. It did the job and I passed the course! Thanks.

It did the job.

Although I was required to purchase this book for a course, I have decided to keep this one. The authors have done a great job of explaining the relatively new field of positive psychology and do an extremely good job of pointing out areas that would benefit from future research efforts.

This book really explains positive theory well. It can be wordy, but is better than most theory books.

I am using this book for a class I am teaching on Positive Psychology. It is full of scientific and practical information. There are experiential activities as well that highlight the principles presented in the book.

Excellent

It was okay

[Download to continue reading...](#)

Positive Thinking: 50 Positive Habits to Transform you Life: Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking,, Positive ... Positive Thinking Techniques Book 1)

Positive Psychology: The Scientific and Practical Explorations of Human Strengths Strengths Quest: Discover and Develop Your Strengths in Academics, Career, and Beyond I Am Positive: 31 Daily Positive Affirmations For a Positive Soul Mind Control, Human Psychology, Manipulation, Persuasion and Deception Techniques Revealed. (dark psychology, mind control, hypnosis, forbidden psychology, manipulation)) Explorations: Through the Wormhole (Explorations Volume One) Explorations: War (Explorations Volume Three) The Oxford Handbook of Positive Psychology (Oxford Library of Psychology) Drawing in Black & White: Creative Exercises, Art Techniques, and Explorations in Positive and Negative Design Emotional Intelligence: A Practical Guide to Making Friends with Your Emotions and Raising Your EQ (Positive Psychology Coaching Series Book 8) Emotional Intelligence: Ultimate Practical Guide: How to Become A Lively And Likeable Leader By Improving Your EQ (Positive Psychology, Interpersonal Skills, Emotions) The Power of Positive Leadership: How and Why Positive Leaders Transform Teams and Organizations and Change the World The Great Age of Discovery, Volume 2: Captain Cook and the Scientific Explorations Positive Thinking: Conquer Negativity and Maximize Your Potential; Strategy Guide to Permanently Conquer Negativity and Negative Self-Talk With the Power of Positive Thinking Scientific Discovery: Computational Explorations of the Creative Processes Positive Options for Colorectal Cancer, Second Edition: Self-Help and Treatment (Positive Options for Health) Chicken Soup for the Soul: Think Positive: 101 Inspirational Stories about Counting Your Blessings and Having a Positive Attitude Positive Options for Living with COPD: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease (Positive Options for Health) Positive Options for Living with Lupus: Self-Help and Treatment (Positive Options for Health) Positive Parenting - Stop Yelling And Love Me More, Please Mom. Positive Parenting Is Easier Than You Think. (Happy Mom Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)