

A photograph of Martin Seligman, a man with glasses and a dark sweater, speaking at a TED conference. He is looking slightly upwards and to the right with a thoughtful expression. The background is dark and out of focus.

TED

MARTIN SELIGMAN

THE NEW ERA OF POSITIVE PSYCHOLOGY

TED2004 - Filmed February 2004

Pro Positive Psychology

**C. R. Snyder, Shane J. Lopez, Jennifer
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