

POSITIVE PSYCHOLOGY FOR BEGINNERS



For Beginners Positive Psychology

K Morrison



For Beginners Positive Psychology:

Positive Psychology for Dummies Averil Leimon, 2009 **Positive Psychology For Dummies** Averil Leimon, Gladeana McMahon, 2011-01-19 Why do some people achieve greater success and happiness than others The key is positive psychology For most of its history psychology has focused mainly on the darker side of human behaviour depression anxiety psychosis and psychopathic behaviour In 1998 Martin Seligman became president of the American Psychological Association and inspired a movement to focus on the positives in human behaviour *Positive Psychology For Dummies* Taps into the burgeoning media focus on happiness and positive mental attitude Provides key information on the origins theory methods practitioners and results of positive psychology Demonstrates how to understand what makes you tick how to hone positive emotions and how to use positive philosophy for success in both your personal and working lives Is perfect for a wide audience from those wanting to get more out of their life to psychology students or counsellors About the author Gladeana McMahon is co author of *Performance Coaching For Dummies* She is regarded as one of the UK's top ten coaches Averil Leimon is co author of *Performance Coaching For Dummies* She is a business psychologist and a leading UK leadership coach

Positive Psychology In A Nutshell: The Science Of Happiness Boniwell, Ilona, 2012-10-01 The best general introduction to positive psychology available Dr Alex Linley University of Leicester UK Dr Ilona Boniwell is recognized as Europe's leading researcher innovator and thinker in the expanding world of positive psychology *Positive Psychology in a Nutshell* offers something for everyone with an interest in discovering how to live optimally This brilliant little book is packed with scientific evidence identifying the key ingredients that help to create a happy life Read it and learn how to change yours for the better Dr Cecilia d Felice Consultant Psychologist Author and Columnist for *The Times* and *The Metro* *Positive Psychology in a Nutshell* is a little gem of a book beautifully and engagingly written and having the marks of a cogent teacher who has mastered the contemporary structure bounds and outreach of her field This is a must read and a welcome antidote for all those engaged in the caring professions Richard Whitfield Human Development Specialist Educator Poet and Chairman of Trustees of the Face to Face Trust As good an introduction to positive psychology as you can read A must read book for all those involved in the education and health industries Dr Anthony Seldon Master Wellington College Berkshire UK *Positive Psychology in a Nutshell* is a comprehensive user friendly thoughtful introduction and critique of the field Simply put it is the best overview out there that can be read in a couple of sittings Those with no psychology background find it fascinating and informative those with serious credentials find it to be a credible overview and critique of the field Dr Carol Kauffman Co founder and Director of the Coaching and Positive Psychology Initiative Harvard Medical School USA In a nutshell I could scarcely put down this intelligent balanced and irresistible introduction to positive psychology Dr Sean Cameron Co Director Practitioner Doctorate in Educational Psychology University College London UK It is very readable seductively so and is no doubt as good an introduction to the subject as you can get Emotional wellbeing is complex and

there are useful insights here to shore up the flabby phrases tossed around by politicians There are some parts of this book I will use and anyone who wants to find out about positive psychology should start here Mike Shooter is a child psychiatrist and President of BACP UK When you hear the words positive psychology or the science of well being do you wonder what it is all about What makes us fulfilled and Is happiness necessary for a good life Discover the latest thinking on the topics of happiness flow optimism motivation character strengths and love and learn how to apply it to your life Ilona Boniwell presents an engaging overview of the science of optimal functioning and well being which combines real readability with a broad academic base applied to day to day life Now fully updated and enhanced with new material on how to Change your mindset Practice mindfulness Develop better resilience Enhance your well being at work Adopt positive leadership Introducing positive psychology in a friendly straightforward way this international bestseller is peppered with many simple tools and tips for daily living that will help you love your life

Positive Psychology for Healthcare Professionals Jan Macfarlane, Jerome Carson, 2023-06-05 Positive Psychology for Healthcare Professionals presents applied positive psychology specifically for health and care staff showcasing eleven different interventions that have proven to be effective in improving wellbeing

Positive Psychology William C. Compton, Edward Hoffman, 2019-01-29 Topically organized Positive Psychology The Science of Happiness and Flourishing presents a highly engaging up to date introduction to positive psychology Authors William C Compton and Edward Hoffman invite students to apply practices to their own lives contexts and experiences to ensure understanding The text examines how positive psychology applies to stressors and health within such traditional research areas as developmental clinical personality motivational social and behavioral psychology Furthermore the text offers perspectives on positive emotional states research and theory on positive traits coverage of positive institutions and a look at the future of positive psychology The Third Edition reflects significant growth in field with hundreds of new references and expanded content on topics including mindfulness money and subjective well being and romantic love

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research into chapters that are engaging accessible and educational Hefferon and Boniwell demonstrate a mastery of the literature through the ways in which they have marshaled the evidence from research and practice into this invaluable resource This book will become an essential reference guide for researchers educators and practitioners of positive psychology around the world Professor Alex Linley Founding Director Capp This book is a valuable resource for students looking for an introduction to Positive Psychology but also wanting to get a comprehensive and updated overview of this innovative approach to the study of human behaviour and experience It provides a broad coverage of the most relevant theories and constructs developed within Positive Psychology and of their relevance for intervention and application in the most diverse life domains Hefferon and Boniwell use a rigorous though accessible and friendly style of presentation By means of effective learning supports they stimulate readers active engagement in critical reflections on each topic The authors address the several issues and open questions which still characterize Positive Psychology as a relatively recent domain through a balanced and objective approach Antonella Delle Fave University of Milano Italy Kate Hefferon and Ilona Boniwell have produced the first textbook which has set out purposefully to support students and teachers in higher education in the exciting new area of positive psychology The authors have experience of teaching the lectures described in each chapter and the book is written in a way that students will find engaging and fun Each chapter has clear learning objectives mock essay questions measurement tools summaries and a guide to further resources The content has been well researched and the early chapters cover the main concepts of positive psychology such as emotions happiness wellbeing optimism and resilience The later chapters are more novel and cover interventions and applications all with a critical eye Of particular note is the chapter on the body in positive psychology a topic which is frequently omitted from the thoughts and feelings approach of other texts in this area I would strongly recommend this book to all students and teachers of psychology Nanette Mutrie Professor of Exercise and Sport Psychology Strathclyde University UK Discover the latest research findings and thinking on the topics of happiness flow optimism motivation character strengths love and more Find out how happiness levels can be increased what stops us from flourishing and how positive psychology can be applied to many professional disciplines This new textbook combines a breadth of information about positive psychology with reflective questions critical commentary and up to date research It is written in a witty engaging and contemporary manner and includes Personal development exercises to help you meld together research and application Mock essay questions to get essay writing going Think about it boxes to get you thinking about the concepts and theories discussed Experiments boxes giving you most influential positive psychology experiments to date Suggested resources guiding you where to go next Measurement tools presenting popular positive psychology tools Time out boxes on key issues concepts and thinkers Chapter summaries to help you check their understanding Review questions to enhance your learning Positive Psychology is key reading for students taking modules in positive psychology and well being and will also be of interest to students of applied coaching and sports psychology as well

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