

Lecture 1: Welcome to Positive Psychology!

- So what is positive psychology?
- Uses science to study things like:
 - Positive emotions, psychological growth, human strengths
 - What makes life worth living!
- **How do we tell how well a country is doing these days?**
 - Gross domestic product (GDP) -- how much money is a country generating!
 - Countries can be evil
 - 1968 - Bobby Kennedy -- "GDP does not really work, does not include the other aspects of our world, does not measure wit, compassion, integrity etc"
 - GNH: every human being aspires for happiness, and countries should measure the happiness of its people (gross national happiness)
 - Influenced by Butan
 - Strive for development with values
 - UK assessing happiness, but not USA
 - Americans are in a very smiley place but are not doing that well
 - Number 15 on 20 happiest countries
 - Why is USA unhappy?
 - No healthcare support (health and happiness strongly correlated)
 - We do not use our vacation time.
- **PP: The study of what is right about people; what makes life worthwhile**
 - Psychology has a focus on clinical aspects that are very negative
 - PP is something is not focused on that much, what people really care about, how to become happy, can we change that person?
- **PP is not Happiology**
 - Unhealthy to be happy 24/7

4/5/2018

Lecture 2: The Origins of Positive Psychology

- **Ancient History of Happiness Interest**
 - People who speak about positive psychology believe it was invented in the 2000s
 - Actually has been here since Buddha, thousands of years
 - Mediation, middle path, peace, compassion for all, focus on happiness
 - Socrates, Confucius, Frankl, Epicurus
 - Has been studied in very different ways, not in a field of psychology yet
 - Happiness depends on ourselves, essential as a central purpose of human life and goal itself (Aristotle)
 - Eudaimonia, as opposed to hedonics
 - A term that comes from philosophy
 - Passing positive emotions versus dispositional life meaning stuff
 - Do you have life meaning and purpose? (Eudaimonia)
 - How are you feeling right now? Are you happy or calm (Hedonism)
 - Confusing because happiness will be used in different ways in this course

Positive Psychology Guide

Guillaume Favre



Positive Psychology Guide:

Positive Psychology Guide Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Positive Psychology Guide**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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