

POSITIVE PSYCHOLOGY

DEFINITION

Positive psychology is a scientific field that focuses on studying and understanding the strengths and virtues that enable individuals and communities to thrive. It shifts the traditional problem-focused approach of psychology towards emphasizing personal growth, resilience, and fostering positivity.

EXAMPLES

- Gratitude journaling
- Mindfulness meditation
- Strengths-based counseling
- Positive affirmations
- Flow experiences
- Life crafting
- Well-being therapy
- Humor and laughter therapy

Positive Psychology Trending

Sebastian Brünink



Positive Psychology Trending:

Discover tales of courage and bravery in is empowering ebook, **Positive Psychology Trending** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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