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childhood values and habits as well as a new perspective on aging This volume provides a powerful counterpoint to a mistakenly reductionist psychology They show that subjective experience can be studied scientifically and measured accurately They highlight the potentiality for autonomy and freedom that is among the most precious elements of the human condition MOreover they make a convincing case for the importance of subjective phenomena which often affect happiness more than external material conditions After long decades during which psychologists seemed to have forgotten that misery is not the only option the blossoming of Positive Psychology promises a better understanding of what a vigorous meaningful life may consist of *Flourish* Martin E. P. Seligman,2011 Explains the four pillars of well being meaning and purpose positive emotions relationships and accomplishment placing emphasis on meaning and purpose as the most important for achieving a life of fulfillment

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