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A Primer In Positive Psychology (Oxford Positive Psychology Series)





Synopsis

Positive psychology is the scientific study of what goes right in life, from birth to death and at all stops in between. It is a newly-christened approach within psychology that takes seriously the examination of that which makes life most worth living. Everyone's life has peaks and valleys, and positive psychology does not deny the valleys. Its signature premise is more nuanced, but nonetheless important: what is good about life is as genuine as what is bad and, therefore, deserves equal attention from psychologists. Positive psychology as an explicit perspective has existed only since 1998, but enough relevant theory and research now exist to fill a textbook suitable for a semester-long college course. A Primer in Positive Psychology is thoroughly grounded in scientific research and covers major topics of concern to the field: positive experiences such as pleasure and flow; positive traits such as character strengths, values, and talents; and the social institutions that enable these subjects as well as what recent research might contribute to this knowledge. Every chapter contains exercises that illustrate positive psychology, a glossary, suggestions of articles and books for further reading, and lists of films, websites, and popular songs that embody chapter themes. A comprehensive overview of positive psychology by one of the acknowledged leaders in the field, this textbook provides students with a thorough introduction to an important area of psychology.

Book Information

Series: Oxford Positive Psychology Series Paperback: 400 pages Publisher: Oxford University Press; 1st edition (July 27, 2006) Language: English ISBN-10: 0195188330 ISBN-13: 978-0195188332 Product Dimensions: 9 x 0.9 x 7 inches Shipping Weight: 1.9 pounds (View shipping rates and policies) Average Customer Review: 4.7 out of 5 stars Â See all reviews (43 customer reviews) Best Sellers Rank: #53,546 in Books (See Top 100 in Books) #91 in Books > Medical Books > Psychology > Movements #187 in Books > Medical Books > Psychology & Counseling > Child Psychology

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At Coaching Toward Happiness and at MentorCoach, wewrite about the leading figures in positive psychologyand in coaching and talk to them in liveteleconference interviews. We interviewedChris Best.==============Okay. This is arguably the best introduction to positive sychology ever written. It ties all the key issuestogether in a compelling way. It provides understanding, depth, fascinatingdetail, web sites, movies, overarching explanations of research.Bad writing makes the reader feel dumb. Good writing makes thereader feel smart. Chris makes you feel psychology, you have to use this book. Listento the founder of the field: "This is the definitive textbook inpositive psychology. But more than that, it may be the single besttextbook on any subject that I have ever read... (It) both made melaugh out loud and brought tears to my eyes." -- Martin E. P. Seligman======4. For the Bright professional who's new topositive psychology and wants to quickly get up to speed.

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