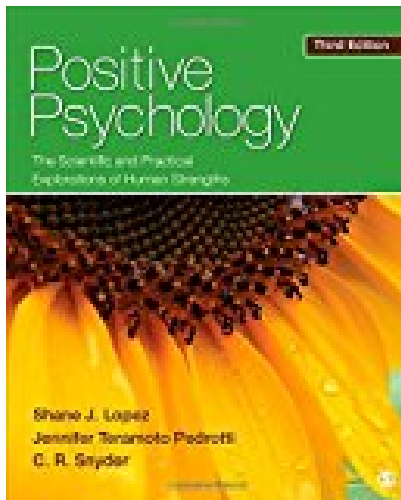


Positive Psychology The Scientific and Practical Explorations of Human Strengths



BOOK DETAILS

- Author : Shane J. Lopez
- Pages : 600 Pages
- Publisher : SAGE Publications, Inc
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BOOK SYNOPSIS

Bringing both the science, and the real-life applications, of positive psychology to life for students This revision of the cutting edge, most comprehensive text for this exciting field presents new frameworks for understanding positive emotions and human strengths. The authors—all leading figures in the field—show how to apply the science to improve schooling, the workplace, and cooperative lifestyles among people. Well-crafted exercises engage students in applying major principles in their own lives, and more than 50 case histories and comments from leaders in the field vividly illustrate key concepts as they apply to real life.

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