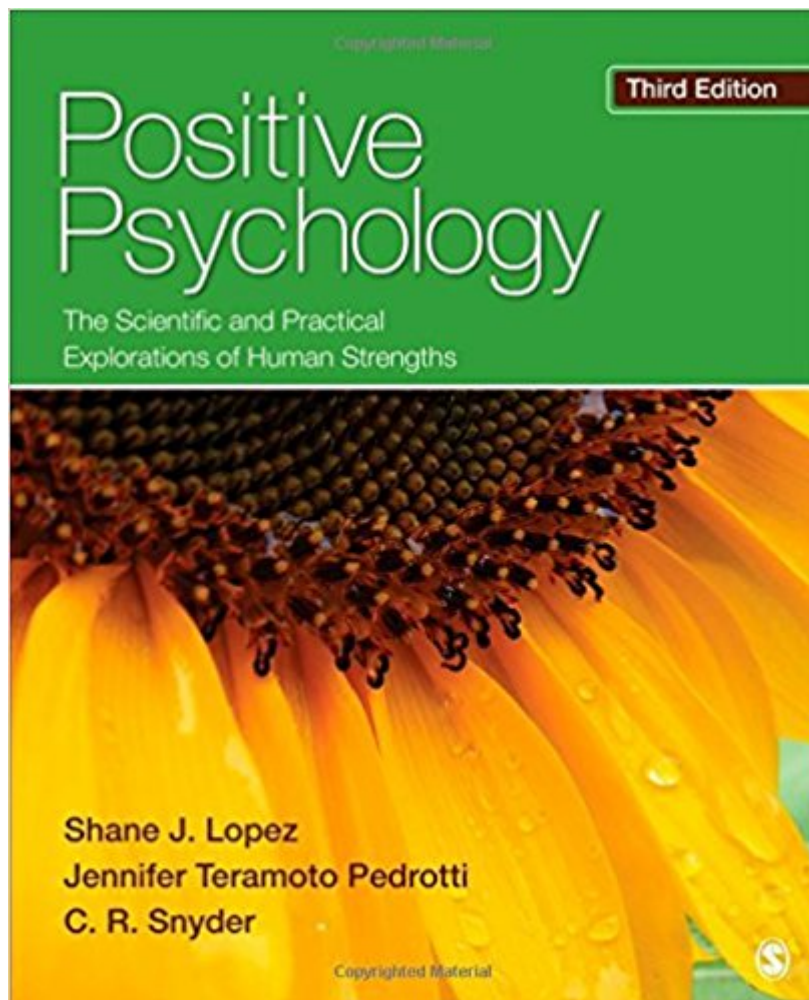


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# Positive Psychology: The Scientific And Practical Explorations Of Human Strengths



## Synopsis

The fully updated Third Edition of *Positive Psychology: The Scientific and Practical Explorations of Human Strengths* covers the science and application of positive psychology and presents new frameworks for understanding positive emotions and strengths through a culturally competent lens. Authors Shane J. Lopez, Jennifer Teramoto Pedrotti, and C.R. Snyder bring positive psychology to life by addressing important issues such as how positive psychology can improve schooling and the workplace, as well as how it can promote flourishing in day-to-day life. Throughout the book, well-crafted exercises allow readers to apply major principles to their own lives. The book also explores various positive conditions within multiple cultural contexts, such as happiness and well-being, and processes related to mindfulness, wisdom, courage, and spirituality. "The emphasis is not exclusively clinical; it includes applications and implications across a number of environments and draws from a number of perspectives, including neurobiology. This range makes it an excellent choice for anchoring major concepts so students can explore the application of positive psychology to their specific areas of interest." —Dr. Pamela Rutledge, Massachusetts School of Professional Psychology

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Not a good e-book. The layout is horrible and there are no page numbers, only location and percentage. The tables and figures do not enlarge correctly and blur to the point of being unreadable.

Purchased as required textbook for college course. It did the job and I passed the course! Thanks.

It did the job.

Although I was required to purchase this book for a course, I have decided to keep this one. The authors have done a great job of explaining the relatively new field of positive psychology and do an extremely good job of pointing out areas that would benefit from future research efforts.

This book really explains positive theory well. It can be wordy, but is better than most theory books.

I am using this book for a class I am teaching on Positive Psychology. It is full of scientific and practical information. There are experiential activities as well that highlight the principles presented in the book.

Excellent

It was okay

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