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Flourish: A Visionary New Understanding of Happiness and Well-being

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Flourish is a narrative reflection regarding Seligman's chronicle of work (and the work of many others) towards improving the well-being of others. Seligman opens Flourish by discussing his training as a therapist.

Flourish: Martin Seligman - BOOKS FOR PSYCHOLOGY CLASS

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Averaged over many people, the mood you are in determines more than 70 percent of how much life satisfaction you report and how well you judge your life to be going at that moment determines less than 30 percent." — Martin E.P. Seligman, Flourish: A Visionary New Understanding of Happiness and Well-being. 4 likes.

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