

## The Encyclopedia Of Positive Psychology

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Positive psychology, the pursuit of understanding optimal human functioning, is reshaping the scholarly and public views of how we see the science of psychology. The Encyclopedia of Positive Psychology provides a comprehensive and accessible summary of this growing area of scholarship and practice. 288 specially commissioned entries written by 150 leading international researchers, educators, and practitioners in positive psychology

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Positive psychology is the study of "positive subjective experience, positive individual traits, and positive institutions promises to improve quality of life". Positive psychology focuses on both individual and societal well-being. Positive psychology began as a new domain of psychology in 1998 when Martin Seligman chose it as the theme for his term as president of the American Psychological Association. It is a reaction against past practices, which have tended to focus on "mental illness", me

### Positive psychology - Wikipedia

01-09-2020. The Journal of Positive Psychology is the first-ever journal entirely dedicated to positive psychology. It publishes six issues a year and presents the latest scientific findings related to happiness, fulfillment, and flourishing. The Journal of Positive Psychology pools information from a multitude of disciplines that range from psychology to economics.

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Psychology. Compassion has become associated with and researched in the fields of positive psychology and social psychology. The Dalai Lama once said that "compassion is a necessity, not a luxury" and that "it is a question of human survival". Compassion is a process of connecting by identifying with another person.

### Compassion - Wikipedia

The central feature of positive psychology is its dual focus on fostering wellness and preventing maladies such as depression, substance abuse, or mental disorders in individuals who are genetically vulnerable or whose problems are exacerbated by the pressures of our modern lifestyles.

### Positive Psychology | Encyclopedia.com

The Oxford Handbook of Positive Psychology (Oxford Library of Psychology)

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