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Sommario/riassunto

A thorough and up-to-date guide to putting positive psychology into practice From the Foreword: "This volume is the cutting edge of positive psychology and the emblem of its future."-Martin E. P. Seligman, Ph.D., Fox Leadership Professor of Psychology, University of Pennsylvania, and author of Authentic Happiness Positive psychology is an exciting new orientation in the field, going beyond psychology's traditional focus on illness and pathology to look at areas like well-being and fulfillment. While the larger question of optimal human functioning is hardly new - Aristotle add
