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Nota di contenuto	PART 1: BACKGROUND; 1. Introduction to a "Manual of the Sanities"; 2. Universal Virtues? - Lessons from History; 3. Previous Classifications of Character Strengths; PART 2: STRENGTHS OF CHARACTER; Strengths of Wisdom and Knowledge; 4. Creativity [Originality, Ingenuity]; 5. Curiosity [Interest, Novelty-Seeking, Openness to Experience]; 6. Open-Mindedness [Judgement, Critical Thinking]; 7. Love of Learning; 8. Perspective [Wisdom]; Strengths of Courage; 9. Bravery [Valor]; 10. Persistence [Perseverance, Industriousness]; 11. Integrity [Authenticity, Honesty]; 12. Vitality [Zest, Enthusiasm, Vigor, Energy]; Strengths of Humanity; 13. Love; 14. Kindness [Generosity, Nurturance, Care, Compassion, Altruistic Love, "Niceness"]; 15. Social Intelligence [Emotional Intelligence, Personal Intelligence]; Strengths of Justice; 16. Citizenship [Social Responsibility, Loyalty, Teamwork]; 17. Fairness; 18. Leadership; Strengths of Temperance; 19. Forgiveness and Mercy; 20. Modesty and Humility; 21. Prudence; 22. Self-Regulation [Self-Control]; Strengths of Transcendence; 23. Appreciation of Beauty and Excellence [Awe, Wonder, Elevation]; 24. Gratitude; 25. Hope [Optimism, Future-Mindedness, Future Orientation]; 26. Humor [Playfulness]; 27.

Sommario/riassunto

This is the first progress report from the Values in Action Classification Project, which has undertaken a systematic measurement of universal human strengths and weaknesses. This book defines the issues of assessment and measurement and describes in detail the current state of classification.

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