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Titolo	A life worth living [[electronic resource]] : contributions to positive psychology // edited by Mihaly Csikszentmihalyi and Isabella Selega Csikszentmihalyi
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2006
ISBN	1-280-84499-X 0-19-803927-1 1-4294-0287-3
Descrizione fisica	1 online resource (264 p.)
Collana	Series in positive psychology
Altri autori (Persone)	CsikszentmihalyiMihaly CsikszentmihalyiIsabella Selega
Disciplina	150.19/8
Soggetti	Positive psychology Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and indexes.
Nota di contenuto	Positive psychology traditions in classical European psychology / Csaba Pleh -- The Values in Action (VIA) classification of strengths / Christopher Peterson -- Positive personality development : approaching personal autonomy / Dmitry Leontiev -- Spirituality : recent progress / Robert A. Emmons -- The broaden-and-build theory of positive emotions / Barbara L. Fredrickson -- Benefits of emotional intelligence / Daisy D. Grewal and Peter Salovey -- Strategies for achieving well-being / Jane Henry -- Adaptive resources in later life : tenacious goal pursuit and flexible goal adjustment / Jochen Brandtstadter -- The impact of subjective experience on the quality of life : a central issue for health professionals / Antonella Delle Fave -- What works makes you happy : the role of personal goals in life-span development / Jari-Erik Nurmi and Katariina Salmela-Aro -- Materialism and its alternatives / Tim Kasser -- Getting older, getting better? recent psychological evidence / Kennon Sheldon -- Afterword: breaking the 65 percent barrier / Martin E. P. Seligman.
Sommario/riassunto	Brings together thoughts on positive psychology. This work includes historical, philosophical, and empirical views of what matter for

personal happiness and well-being. This book agrees on principles of optimal development that start with material concerns and lead to embracing the goals of others and the well-being of the environment.
