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Emotional intelligence: ability or personality trait?Development of emotional competence; Neurobiological basis for emotional intelligence; Questions and answers about emotional intelligence; Enhancing emotional intelligence; Related constructs; Implications; Controversies; Summary; Questions; Further reading; Measures for use in research; Websites; 6 Giftedness, creativity, and wisdom; Giftedness; Creativity; Wisdom; Implications; Controversies; Summary; Questions; Further reading; Measures for use in research; 7 Positive self; Self as object and agent; Self-esteem; Self-efficacy
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Sommario/riassunto

Remediating deficits and managing disabilities has been a central preoccupation for clinical psychologists. Positive Psychology, in contrast, is concerned with the enhancement of happiness and well-being, involving the scientific study of the role of personal strengths and positive social systems in the promotion of optimal wellbeing. Alan Carr's Positive Psychology has become essential reading for anyone requiring a thorough and accessible introduction to the field. This new edition retains all the features that made the first edition so popular, including:accoun
