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""15 The Role of Personal Control in Adaptive Functioning""""16 Well-Being: Mindfulness Versus Positive Evaluation""; ""17 Optimism""; ""18 Optimistic Explanatory Style""; ""19 Hope Theory: A Member of the Positive Psychology Family""; ""20 Self-Efficacy: The Power of Believing You Can""; ""21 Problem-Solving Appraisal and Psychological Adjustment""; ""22 Setting Goals for Life and Happiness""; ""23 The Passion to Know: A Developmental Perspective""; ""24 Wisdom: Its Structure and Function in Regulating Successful Life Span Development""; ""PART V. SELF-BASED APPROACHES"" ""25 Reality Negotiation""""26 The Truth About Illusions: Authenticity and Positivity in Social Relationships""; ""27 Authenticity""; ""28 Uniqueness Seeking""; ""29 Humility""; ""PART VI. INTERPERSONAL APPROACHES""; ""30 Relationship Connection: The Role of Minding in the Enhancement of Closeness""; ""31 Compassion""; ""32 The Psychology of Forgiveness""; ""33 Gratitude and the Science of Positive Psychology""; ""34 Love""; ""35 Empathy and Altruism""; ""36 How We Become Moral: The Sources of Moral Motivation""; ""PART VII. BIOLOGICAL APPROACHES""; ""37 Toughness"" ""38 A Role for Neuropsychology in Understanding the Facilitating Influence of Positive Affect on Social Behavior and Cognitive Processes""""39 From Social Structure to Biology: Integrative Science in Pursuit of Human Health and Well-Being""; ""40 Toward a Biology of Social Support""; ""PART VIII. SPECIFIC COPING APPROACHES""; ""41 Sharing One's Story: On the Benefits of Writing or Talking About Emotional Experience""; ""42 Benefit-Finding and Benefit-Reminding""; ""43 Positive Responses to Loss: Perceiving Benefits and Growth""; ""44 The Pursuit of Meaningfulness in Life""; ""45 Humor"" ""46 Meditation and Positive Psychology""

Sommario/riassunto

Psychology has long been enamored of the dark side of human existence, rarely exploring a more positive view of the mind. What has psychology contributed, for example, to our understanding of the various human virtues? Regrettably, not much. The last decade, however, has witnessed a growing movement to abandon the exclusive focus on the negative. Psychologists from several subdisciplines are now asking an intriguing question: What strengths does a person employ to deal effectively with life? The Handbook of Positive Psychology provides a forum for a more positive view of the human condition. In its pages, readers are treated to an analysis of what the foremost experts believe to be the fundamental strengths of humankind. Both seasoned professionals and students just entering the field are eager to grasp the power and vitality of the human spirit as it faces a multitude of life challenges. The Handbook is the first systematic attempt to bring together leading scholars to give voice to the emerging field of positive psychology.
