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Titolo	A life worth living [[electronic resource] ] : contributions to positive psychology // edited by Mihaly Csikszentmihalyi and Isabella Selega Csikszentmihalyi
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ISBN	0-19-773598-3 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
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
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.

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