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Sommario/riassunto

Praise for Happiness, Healing, Enhancement ""Filled with good strategies based in research, compelling case material, and most importantly, practical advice, this book belongs in the library of everyone interested in what it means to live well. It provides not only ample food for thought, but for action.""-Christopher Peterson, Professor of Psychology, University of Michigan ""If you are a therapist, a coach-or if you want to help yourself and others flourish-then this book is a must-read. It is an important theoretical and practical contribution to the field of positive psychology."