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Sommario/riassunto

This book applies a positive psychology perspective to theory, research and practice related to the teaching and learning of second/foreign languages (L2) for all ages, incorporating related fields of applied linguistics, education, and psychology. Central topics include positive psychological, cultural and social aspects of L2 learning experiences and environment contexts for usage of the L2, individual traits and strengths in L2 learners and teachers that enable people to thrive within the contexts of two or more languages. Chapters cover both positive second language “caring”, “doing” and “being”, focusing on the necessary factors for successful language learning as well as its impact on self and well-being. Positive Psychology and Second Language Education aims to provide a holistic approach to understanding L2 teaching and learning from the perspective of positive psychology. It will be a useful resource for researchers and students in psychology, education, and L2 fields, as well as professional educators seeking to better understand the cognitive and linguistic research surrounding bilingualism.