

Psychology Of Human Strengths Fundamental Questions And Future Directions For A Positive Psychology

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Scholars in a variety of psychology fields have each directed their attention to positive psychology and focused their work through a lens of human strengths. The results of their findings are intended to provide a forward-looking forum for the discussion of the purpose, pitfalls, and futur

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Positive psychology is the science of human strengths: en-ergy, optimism, perseverance, kindness, humor, enthusiasm, ingenuity, and more. The 23 papers collected in the volume under review are the product of a 1999 conference of scholars in this burgeoning branch of psychology. The book should have been of great interest, especially to psychotherapists.

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Positive psychology practitioners can count on practical applications to help individuals and organizations identify their strengths and use them to increase and maintain their levels of well-being. They also emphasize that these character strengths exist on a continuum; positive traits are regarded as individual differences that exist in degrees rather than all-or-nothing categories.

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