



Positive Psychology: The Science of Happiness and Flourishing

William C. Compton, Edward Hoffman

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This brief paperback presents in-depth coverage of the relatively new area of positive psychology. Topically organized, it looks at how positive psychology relates to stresses and health within such traditional research areas as developmental, clinical, personality, motivational, social, and behavioral psychology.

Positive Psychology: The Science of Happiness and Flourishing Details

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From Reader Review Positive Psychology: The Science of Happiness and Flourishing for online ebook

Tim Gannon says

A wonderful overview of the field of positive psychology. It touches on the nature of well being from different perspectives.

Cindy says

This is a very good intro to positive psychology text. I can't say one negative thing about it ;)

Patty says

Well rounded and thought provoking textbook

AnaMaria Rivera says

Excellent textbook on all the areas and research up-to date on Positive Psychology. A textbook and a reference book for anyone interested in the topic. After reading this book, you pretty much have an idea on everything Positive Psychology related.

"In positive psychology, the good life is seen as involving a combination of three elements: connections to others, positive individual traits, and life regulation qualities. Aspects of our behavior that contribute to forging positive connections to others include the ability to love, the presence of altruistic concerns, the ability to forgive, and the presence of spiritual connections to help create a sense of deeper meaning and purpose in life. Positive individual traits include such elements as a sense of integrity; the ability to play and to be creative; and the presence of virtues like courage and humility. Finally, life regulation qualities allow us to regulate our day-to-day behavior so that we can accomplish our goals while helping to enrich the people and institutions we encounter along the way. These qualities include a sense of individuality or autonomy; a high degree of healthy self-control; and the presence of wisdom as a guide to behavior."

Sholikhah says

My ratings could be a result of bias because I really am a passionate in Positive Psychology. Thanks to Compton, now I have broader view on what (hot) topics currently discussed in this field. Just a year before I read (skimming) Handbook of Positive Psy by Snyder & Lopez. Me and a friend agreed upon how this book could be as a better version of that Handbook. Compton provide series of analysis by chapter to chapter in good flow (this term indeed prompting Mihalyi),

and delicate mannerism so that me as a reader could follow his analysis.
Love it!
