



Positive Psychology: The Scientific and Practical Explorations of Human Strengths

C.R. Snyder , Shane J. Lopez , Jennifer T. Pedrotti

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The fully updated **Third Edition** of **Positive Psychology: The Scientific and Practical Explorations of Human Strengths** covers the science and application of positive psychology and presents new frameworks for understanding positive emotions and strengths through a culturally competent lens. Authors Shane J. Lopez, Jennifer Teramoto Pedrotti, and C.R. Snyder bring positive psychology to life by addressing important issues such as how positive psychology can improve schooling and the workplace, as well as how it can promote flourishing in day-to-day life. Throughout the book, well-crafted exercises allow readers to apply major principles to their own lives. The book also explores various positive conditions within multiple cultural contexts, such as happiness and well-being, and processes related to mindfulness, wisdom, courage, and spirituality. "The emphasis is not exclusively clinical; it includes applications and implications across a number of environments and draws from a number of perspectives, including neurobiology. This range makes it an **excellent choice** for anchoring major concepts so students can explore the application of positive psychology to their specific areas of interest." --**Dr. Pamela Rutledge**, *Massachusetts School of Professional Psychology*

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From Reader Review Positive Psychology: The Scientific and Practical Explorations of Human Strengths for online ebook

Mohammad alshawan says

good book that represent the buiding blocks of the civilizations.

Latasha says

I like the subject of positive psychology, but this book made it a snooze fest. Interesting topics, terrible tone and the audience would be bored to tears, I think.

Tiffeny says

Another required read for a class, but easy to understand and an interesting, important concept. While mostly written with therapists & educators in mind, it has good methods that anyone could use in any aspect of life.

Michelle says

I loved this topic and wish to explore it more.

Tom Sutton says

Introductory textbook. Very survey. Good primer. Always references studies, very easy to read. Mostly for students.

Carrie Fleharty says

It was well written for a textbook. I thoroughly enjoyed the exercises within this book. I liked how the book was written as it presented information in an orderly and interesting way. The thoughts and perspectives of others who share the same theories of positive psychology provided the reader with a deeper understanding and also helped the reader to think about the purpose of the writing and how it affects us in our everyday lives.

Angelica says

Nice intro to positive psychology.
