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Flourish A Visionary New Understanding of Happiness and Well-being

By Martin E. P. Seligman

Atria Books. Paperback. Book Condition: New. Paperback. 368 pages. Dimensions: 8.3in. x 5.5in. x 1.0in. This book will help you flourish. With this unprecedented promise, internationally esteemed psychologist Martin Seligman begins Flourish, his first book in ten years and the first to present his dynamic new concept of what well-being really is. Traditionally, the goal of psychology has been to relieve human suffering, but the goal of the Positive Psychology movement, which Dr. Seligman has led for fifteen years, is different: it's about actually raising the bar for the human condition. Flourish builds on Dr. Seligman's game-changing work on optimism, motivation, and character to show how to get the most out of life, unveiling an electrifying new theory of what makes a good life for individuals, for communities, and for nations. In a fascinating evolution of thought and practice, Flourish refines what Positive Psychology is all about. While certainly a part of well-being, happiness alone doesn't give life meaning. Seligman now asks, What is it that enables you to cultivate your talents, to build deep, lasting relationships with others, to feel pleasure, and to contribute meaningfully to the world? In a word, what is it that allows you to flourish? Well-being takes the stage...



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Reviews

I actually started looking over this publication. It really is really interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You won't really feel monotony at any moment of your time (that's what catalogues are for concerning when you ask me).

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