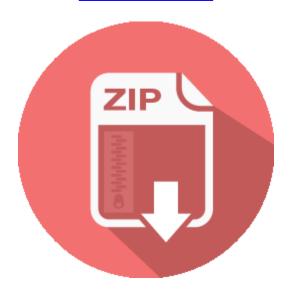
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~ Martin Seligman from Flourish Martin Seligman is one of the founding fathers of the positive psychology movement and this is the third Note we ve done on one of his books. (Check out the Notes on his other classics: Learned Optimism and Authentic Happiness for more science of happiness goodness.)

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Authentic Happiness By Martin Seligman Reviewed by Jerry J. Wellik and John H. Hoover I n Authentic Happiness(2002), author Martin Seligman proposes a positive psychology focus-ing on mental health rather than mental illness.

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