

FLOURISH: A VISIONARY NEW UNDERSTANDING OF HAPPINESS AND WELL-BEING

“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...



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Flourish: A Visionary New Understanding of Happiness and Well-Being

Author	Martin E.P. Seligman
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Peek Inside the Book

made a New Years resolution for 2009: to take 5 million steps, 13,700 per day on average. On December 30, 2009, I crossed the 5 million mark, and got Wow! and What a role model! from my Internet friends. Martin E.P. Seligman, Flourish: A New Understanding of Happiness, Well-Being - and How to Achieve Them //

Reader's Opinions

Sometimes it reads like a memoir of Seligman's development of positive psychology, and other times it reads like a promotional testimonial. It also includes some reflection on mistakes of overemphasizing happiness in the larger scope of wellbeing overall. For anyone looking for advice on how to flourish this would be disappointing....

This was a fantastic book. Seligman does a great job of making the argument that teaching kids well-being (resilience, optimism), is more powerful than any other intervention. This was interesting to me for several