POSITIVITY: GROUNDBREAKING RESEARCH REVEALS HOW TO EMBRACE THE HIDDEN STRENGTH OF POSITIVE EMOTIONS, OVERCOME NEGATIVITY, AND THRIVE

World renowned researcher Dr. Barbara Fredrickson gives you the lab-tested tools necessary to create a healthier, more vibrant, and flourishing life through a process she calls "the upward spiral." You'll discover:•What positivity is, and why it needs to be heartfelt to be effective• The ten sometimes surprising forms of positivity• Why positivity is more important than happiness• How positivity can enhance relationships, work, and health, and how it...



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In fact, surveys show that the more people watch television, the more violent they judge the world to be. You might think that those who watch a lot of TV...

The multitude of studies that I and other scientists have con ducted on positivity is destined to remain merely interesting dinner conversation until you deepen your self-study. You need to pivot away from whats worked...