

Positive psychology - the scientific and practical explorations of human strengths

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Positive Psychology The Scientific and Practical Explorations of Human Strengths

Seligman made positive psychology the theme of his term as APA president and used his visibility in that role to spread the word.

Positive Psychology The Scientific and Practical Explorations of Human Strengths

He received 31 research awards and 27 teaching awards at the university, state, and national levels.

saratro: PDF» Positive Psychology: The Scientific and Practical Explorations of Human Strengths by Shane J. Lopez, Jennifer Teramoto Pedrotti, Charles Richard Snyder

Since then, positive psychology has garnered a great deal of interest, generating attention from both psychologists and the general public. While this had yielded valuable treatments that enabled psychologists to treat a number of pathologies and dysfunctions that helped people become less unhappy, it meant that psychology was neglecting what was good about life—and what the average person could improve. He stated that psychology should be just as concerned with nurturing the good things in life as it was with healing the bad.

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