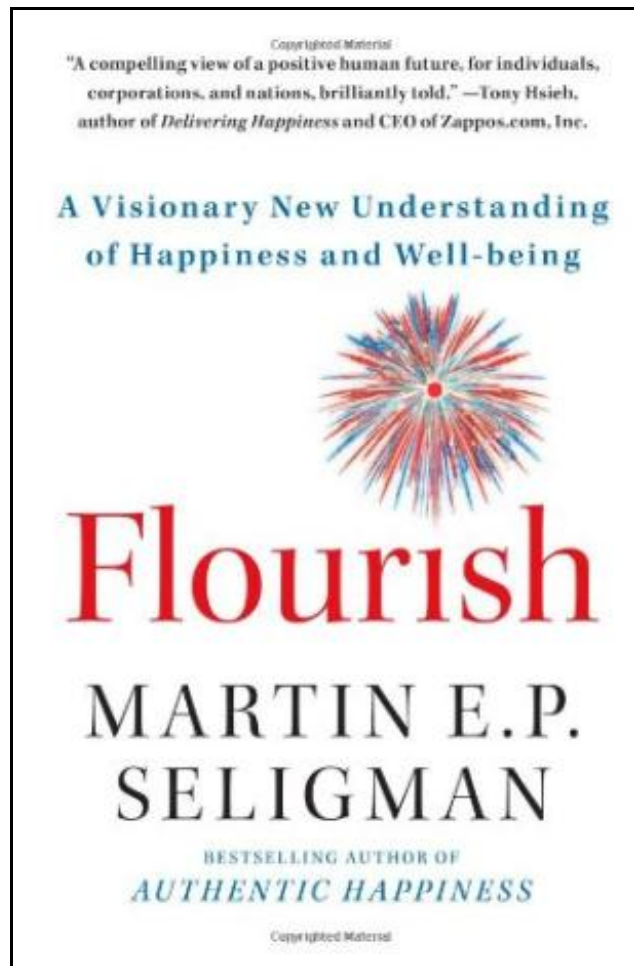


Flourish A Visionary New Understanding of Happiness and Well-being



Filesize: 1.33 MB

Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ally Reichel)

FLOURISH A VISIONARY NEW UNDERSTANDING OF HAPPINESS AND WELL-BEING



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 front and center, and Happiness (or Positive Emotion) becomes one of the five pillars of Positive Psychology, along with Engagement, Relationships, Meaning, and Accomplishment. PERMA, the permanent building blocks for a life of profound fulfillment. Thought-provoking in its implications for education, economics, therapy, medicine, and public policy, the very fabric of society. *Flourish* tells inspiring stories of Positive Psychology in action, including how the entire U. S. Army is now trained in emotional resilience; how innovative schools can educate for fulfillment in life and not just for workplace success; and how corporations can improve performance at the same time as they raise...



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