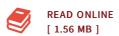




Character Strengths Matter: How to Live a Full Life

By Shannon Polly, Kathryn H Britton

Positive Psychology News, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ****** Print on Demand ******.What are the elements of good character? The Values in Action (VIA) project identified 24 qualities such as creative, authentic, loving, forgiving, kind, persistent, prudent, and brave, calling them character strengths. Character strengths are elements of good character valued across time and around the world. If you are curious about your own strengths, join the 3 million people that have taken the free online survey at Character Strengths Matter: How to Live a Full Life brings the 24 character strengths to life with stories involving children, teenagers, adults, and elders and occurring in family life and business settings, in the present and in the distant past, in locations from China to the United States to the Middle East. Research shows that using character strengths in new ways for a week makes people happier up to six months later. This book includes many ideas for using your character strengths in new ways. Based on the unusual premise that a key way to build strength is to act as if you have that strength already, this book includes...



Reviews

This book is wonderful. It really is writter in easy words and never difficult to understand. I am quickly can get a satisfaction of reading a created ebook.

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-- Gunner Labadie

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Gallopade International, United States, 2013. Hardback. Book Condition: New. 224 x 142 mm. Language: English . Brand New Book. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective,...



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



My Friend Jesus

Thomas Nelson, 2013. Hardcover. Book Condition: New. Publishers Return - May have a remainder mark.



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English. Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...