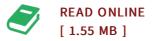




## **Positive Psychology**

By Ilona Boniwell

Open University Press. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 9.3in. x 6.7in. x 0.9in.Kate Hefferon and Ilona Boniwell have done an excellent job on this introduction to Positive Psychology! I encourage educators, students and everyone else interested in an updated, wellwritten and culturally balanced approach to the scientific study of human flourishing, to read this highly accessible, yet rigorously crafted text; and to get it under your skin by ways of carefully chosen tests and exercises. Hans Henrik Knoop, Aarhus University, Denmark and President, European Network for Positive Psychology This accessible, yet comprehensive, book provides an excellent new resource in the area of positive psychology. Students, researchers and practitioners alike will benefit from the skilful and lively integration of theory, research and application. The authors are prominent members of the international positive psychology movement and as such are able to deliver a confident, practical and overarching assessment of the area, integrated into psychology more widely. Angela Clow, University of Westminster, UK This is an exceptional book that synthesizes more than a decade of positive psychology research into chapters that are engaging, accessible, and educational. Hefferon and Boniwell demonstrate a mastery of the literature through the ways in which...



## Reviews

The publication is fantastic and great. It really is basic but shocks from the 50 percent from the ebook. Its been written in an remarkably easy way in fact it is only soon after i finished reading this ebook in which really changed me, alter the way in my opinion.

-- Jayme Kuhlman

Very helpful for all type of individuals. It is amongst the most incredible ebook i have got study. I am just very easily could get a satisfaction of reading a composed publication.

-- Mikayla Romaguera