



Handbook of Positive Psychology

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Psychology has long been enamored of the dark side of human existence, rarely exploring a more positive view of the mind. What has psychology contributed, for example, to our understanding of the various human virtues? Regrettably, not much. The last decade, however, has witnessed a growing movement to abandon the exclusive focus on the negative. Psychologists from several subdisciplines are now asking an intriguing question: "What strengths does a person employ to deal effectively with life?"

The Handbook of Positive Psychology provides a forum for a more positive view of the human condition. In its pages, readers are treated to an analysis of what the foremost experts believe to be the fundamental strengths of humankind. Both seasoned professionals and students just entering the field are eager to grasp the power and vitality of the human spirit as it faces a multitude of life challenges. The *Handbook* is the first systematic attempt to bring together leading scholars to give voice to the emerging field of positive psychology.



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Review

"The Handbook of Positive Psychology provides a forum for a more positive view of the human condition."--Adolescence

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