

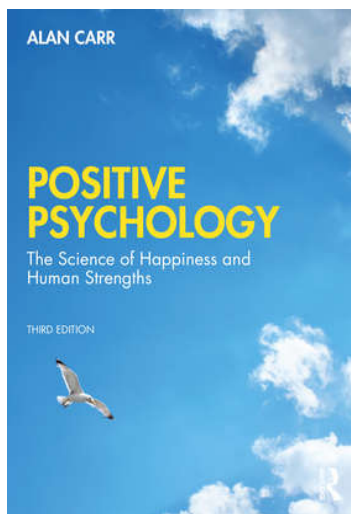
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Book of the month

April 2022



Positive psychology: the science of happiness and human strengths - Carr, Alan



ACC, No - PU12322
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What is positive psychology?

Positive psychology is concerned with the enhancement of happiness and well being, involving the scientific study of the role of personal strengths and positive social systems in the promotion of optimal well-being. The central themes of positive psychology, including Happiness, Hope, Creativity and Wisdom, are all investigated in this book in the context of their possible applications in clinical practice.

Positive Psychology is unique in offering an accessible introduction to this emerging field of clinical psychology. It covers:

- available resources including websites and test forms
- methods of measurement
- a critique of available research
- recommendations for further reading.

Positive Psychology will prove a valuable resource for psychology students and lecturers who will benefit from the learning objectives and research stimuli included in each chapter. It will also be of great interest to those involved in training in related areas such as social work, counselling and psychotherapy.

<https://www.amazon.in/Positive-Psychology-Science-Happiness-Strengths/dp/041560236X>

