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Martin E. P. Seligman Seligman, the founder of Positive Psychology, outlines the elements of and exercises for the creation of well-being in Flourish. Seligman asserts that

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flourishing is the goal of Positive Psychology and he defines well-being as: positive emotion, engagement, meaning, positive relationships, and accomplishment (p16).

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In Flourish author Martin Seligman takes stock of some of the most important results from decades of positive psychology research. "Flourish" is also a practical book, since alongside the theory it also presents many exercises the readers can start applying right away.

Flourish: Summary & Criticism +

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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.

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Flourish, the new book by Dr Martin Seligman, attempts to broaden the revolution of positive psychology and the scientific study of happiness....
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My favorite Positive Psychology book is Flourish: A Visionary New Understanding of Happiness and Well-being, authored by Dr. Martin Seligman. For many years I have been a fan of Seligman, a psychologist and founder of Positive Psychology. I was thrilled in 2009 to attend the first World Congress on Positive Psychology in Philadelphia.

Book Summary: Flourish | Author, Keynote Speaker ...

Philadelphia Inquirer 2010 Article on Martin Seligman. Martin Seligman's Curriculum Vitae. Request for Interview. Request for Speech. Book: The Hope Circuit. Book: Flourish. Book: Learned Optimism. Book: The Optimistic Child. Book: Character Strengths and Virtues: A Handbook and Classification. Pennsylvania Gazette 2018 Excerpt from The Hope ...

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concept of what well-being really is.
Traditionally ...

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...

“Flourish” is the first book to present this
new theory of human well-being, adding
two more elements to the original three.
The result is a neat acronym, PERMA. In
other words, well-being consists of five
elements. First of all, positive emotions.

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Martin Seligman. Image Retrieved by URL. Martin Seligman is not called the “father of positive psychology” for no reason. To many, he is one of the leading researchers in the whole field of psychology. Born on August 12, 1942, in New York, Seligman is now a lead educator, researcher, and author of several bestselling books that make positive psychology accessible to everyone interested.

Who is Martin Seligman and What Does He Do?

Optimistic Child Martin Seligman: This book is fascinating, even if you do not have or work with children. This is a book which adults can read and sit back

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in shock at how easily your world view back can be traced back to the one so dearly held as children. For the parent, the information Seligman has provided in this book is invaluable.

Martin Seligman - Positive Psychology and Beyond

The good news is that in his fascinating book, Flourish, Martin Seligman gives away keys to well-being and teaches us how to flourish. Those of us who are curious enough to look for answers can find them here - all for the price of a paperback and a few hours of your time! What could be more worthwhile?

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