



Positive Psychology: A Toolkit for Happiness, Purpose and Well-being

By Bridget Grenville-Cleave

Icon Books. Paperback. Condition: New. 208 pages. Positive Psychology takes the findings of this popular academic discipline to show how you can enjoy and engage with life, and find your place in the world around you. With expert encouragement and guidance, you will set out your own positive psychology experiment, to discover your strengths, overcome negative attitudes, focus on what gives you purpose, and take control of your life choices. From savoring positive emotions to building better relationships and developing resilience, you will learn how to boost your mental and physical well-being and to find fulfillment in everyday life. This is the perfect concise start to making your life better. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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