

The Science Of Happiness How Our Brains Make Us Happy And What We Can Do To Get Happier Stefan Klein

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Seligman (2000) Positive psychology - An introduction - Andrews University

gist discuss such issues as what enables happiness, the effects of autonomy and self-regulation, how optimism and hope affect health, what constitutes wisdom, and how talent and creativity come to fruition. The authors outline a framework .fbr a science of positive psychology, point to gaps in our knowledge, and predict that the next century

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