



Applied Positive Psychology: Integrated Positive Practice (Hardback)

By Tim Lomas, Kate Hefferon, Itai Ivtzan

Sage Publications Ltd, United Kingdom, 2014. Hardback. Condition: New. First.. Language: English . Brand New Book. Instructors - Electronic inspection copies are available or contact your local sales representative for an inspection copy of the print version. If you think you know what positive psychology is, think again! This book offers a new integrative vision for making life better that takes in the body and the brain, culture and society, childhood and development. A must read for students. - Stephen Joseph, University of Nottingham Captures the best of the positive psychology initiative, and most importantly, translates it to practice. The authors bring remarkable depth and breadth to the subject matter and do so in a way that is fresh, engaging, relevant, and unusually thoughtful. - Carol Ryff, University of Wisconsin-Madison If you want to understand what positive psychology really is, learn how it works in practice and discover its huge potential to transform our lives and our world then look no further than this superb book. I really can't recommend it highly enough. - Mark Williamson, Director of Action for Happiness This exciting new textbook, written by leading academics in the UK, offers the very first authored title on...



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