

Positive Psychology The Scientific And Practical Explorations Of Human Strengths

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Positive Psychology The Scientific And

Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

Positive Psychology Center

The positive effects of gratitude writing compound like interest. You might not notice the benefit of a daily or weekly practice, but after several weeks and months, you will. A gratitude practice trains the brain to be more in tune with experiencing gratitude — a positive plus a positive, equal more positives.

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