



# Positive Psychology: The Science of Happiness and Human Strengths

*Alan Carr*

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## **Positive Psychology: The Science of Happiness and Human Strengths** Alan Carr

Remediating deficits and managing disabilities has been a central preoccupation for clinical psychologists. Positive Psychology, in contrast, is concerned with the enhancement of happiness and well-being, involving the scientific study of the role of personal strengths and positive social systems in the promotion of optimal wellbeing.

Alan Carr's *Positive Psychology* has become essential reading for anyone requiring a thorough and accessible introduction to the field. This new edition retains all the features that made the first edition so popular, including:

- accounts of major theories and relevant research
- learning objectives
- chapter summaries
- research and personal development questions
- suggestions for further reading
- measures for use in research
- glossaries of new terms.

The book has also been completely updated to take account of recent research and major advances, and includes a new chapter on Positive Psychotherapy, an extended account of research on character strengths and virtues, and a discussion of recent ground-breaking research on emotional intelligence.

This new edition of *Positive Psychology* will prove a valuable resource for psychology students and lecturers, as well as those involved in postgraduate training in related areas such as clinical psychology, social work, counselling and psychotherapy.

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