



Positive Psychology: The Scientific And Practical Explorations Of Human Strengths

C. R. Snyder/Shane J. Lopez

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Written by two leaders of the positive psychology initiative, this groundbreaking new text brings positive social science to life through a comprehensive review of literature and well-crafted exercises that encourage readers to put positive psychology principles to the test. **Positive Psychology: Scientific and Practical Applications of Human Strengths** covers western and eastern approaches to understanding human strengths, along with the cultural and developmental influences on positive functioning. Key approaches for measuring and enhancing strengths and capitalizing on positive experiences are described. **Key Features:** - Provides an in-depth discussion of science and applications associated with human strengths and positive emotions - Offers contents developed in coordination with syllabus recommendations being formulated by the Positive Psychology Network national task force - Includes pedagogical features such as chapter-opening quotes and introductions, over 50 case histories and special comments by leaders in the field, and Personal Mini-Experiments and Life Enhancement Strategies **Table of Contents** Preface I. **LOOKING AT PSYCHOLOGY FROM A POSITIVE PERSPECTIVE:** Welcome to Positive Psychology Western Perspectives on Positive Psychology Phil McKnight in collaboration with the authors Eastern Perspectives on Positive Psychology Jennifer Teramoto Pedrotti in collaboration with the authors **Classifications and Measures of Human Strengths and Positive Outcomes** II. **POSITIVE PSYCHOLOGY IN CONTEXT:** Developing Strengths and Living Well in a Cultural Context Living Well at Every Stage of Life III. **POSITIVE EMOTIONAL STATES AND PROCESSES:** The Principles of Pleasure: Understanding Positive Affect, Positive Emotions, Happiness, and Well-Being

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