

Lecture 1: Welcome to Positive Psychology!

- So what is positive psychology?
- Uses science to study things like:
 - Positive emotions, psychological growth, human strengths
 - What makes life worth living!
- **How do we tell how well a country is doing these days?**
 - Gross domestic product (GDP) -- how much money is a country generating!
 - Countries can be evil
 - 1968 - Bobby Kennedy -- "GDP does not really work, does not include the other aspects of our world, does not measure wit, compassion, integrity etc"
 - GNH: every human being aspires for happiness, and countries should measure the happiness of its people (gross national happiness)
 - Influenced by Butan
 - Strive for development with values
 - UK assessing happiness, but not USA
 - Americans are in a very smiley place but are not doing that well
 - Number 15 on 20 happiest countries
 - Why is USA unhappy?
 - No healthcare support (health and happiness strongly correlated)
 - We do not use our vacation time.
- **PP: The study of what is right about people; what makes life worthwhile**
 - Psychology has a focus on clinical aspects that are very negative
 - PP is something is not focused on that much, what people really care about, how to become happy, can we change that person?
- **PP is not Happiology**
 - Unhealthy to be happy 24/7

4/5/2018

Lecture 2: The Origins of Positive Psychology

- **Ancient History of Happiness Interest**
 - People who speak about positive psychology believe it was invented in the 2000s
 - Actually has been here since Buddha, thousands of years
 - Mediation, middle path, peace, compassion for all, focus on happiness
 - Socrates, Confucius, Frankl, Epicurus
 - Has been studied in very different ways, not in a field of psychology yet
 - Happiness depends on ourselves, essential as a central purpose of human life and goal itself (Aristotle)
 - Eudaimonia, as opposed to hedonics
 - A term that comes from philosophy
 - Passing positive emotions versus dispositional life meaning stuff
 - Do you have life meaning and purpose? (Eudaimonia)
 - How are you feeling right now? Are you happy or calm (Hedonism)
 - Confusing because happiness will be used in different ways in this course

Positive Psychology Guide

Michael Rajnik



Positive Psychology Guide:

Unveiling the Magic of Words: A Report on "**Positive Psychology Guide**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Positive Psychology Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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