

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

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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

Bridget Grenville-Cleave



Positive Psychology Guide:

Positive Psychology Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Positive Psychology Guide**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Table of Contents Positive Psychology Guide

1. Understanding the eBook Positive Psychology Guide
 - The Rise of Digital Reading Positive Psychology Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Positive Psychology Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Positive Psychology Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Positive Psychology Guide
 - Personalized Recommendations
 - Positive Psychology Guide User Reviews and Ratings
 - Positive Psychology Guide and Bestseller Lists
5. Accessing Positive Psychology Guide Free and Paid eBooks

- Positive Psychology Guide Public Domain eBooks
- Positive Psychology Guide eBook Subscription Services
- Positive Psychology Guide Budget-Friendly Options
- 6. Navigating Positive Psychology Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Positive Psychology Guide Compatibility with Devices
 - Positive Psychology Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Positive Psychology Guide
 - Highlighting and Note-Taking Positive Psychology Guide
 - Interactive Elements Positive Psychology Guide
- 8. Staying Engaged with Positive Psychology Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Positive Psychology Guide
- 9. Balancing eBooks and Physical Books Positive Psychology Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Positive Psychology Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Positive Psychology Guide
 - Setting Reading Goals Positive Psychology Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Positive Psychology Guide
 - Fact-Checking eBook Content of Positive Psychology Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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