

## The Encyclopedia Of Positive Psychology

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Positive psychology is the study of "positive subjective experience, positive individual traits, and positive institutions promises to improve quality of life". Positive psychology focuses on both individual and societal well-being. Positive psychology began as a new domain of psychology in 1998 when Martin Seligman chose it as the theme for his term as president of the American Psychological Association. It is a reaction against past practices, which have tended to focus on "mental illness", me

### Positive psychology – Wikipedia

01-09-2020. The Journal of Positive Psychology is the first-ever journal entirely dedicated to positive psychology. It publishes six issues a year and presents the latest scientific findings related to happiness, fulfillment, and flourishing. The Journal of Positive Psychology pools information from a multitude of disciplines that range from psychology to economics.

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### Compassion – Wikipedia

The central feature of positive psychology is its dual focus on fostering wellness and preventing maladies such as depression, substance abuse, or mental disorders in individuals who are genetically vulnerable or whose problems are exacerbated by the pressures of our modern lifestyles.

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The Oxford Handbook of Positive Psychology (Oxford Library of Psychology)

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