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being really is.

Traditionally, the goal of
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relieve human suffering, but the goal of the Positive Psychology movement, which Dr Seligman has ...

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I think Martin Seligman's approach to writing a part-memoir part-theoretical book is really appealing and is one of the reasons I remain engaged with such writings. I am fascinated by the concept of positive psychology and how it was not considered scientific enough to be taught in my highly renowned university degree 9 years ago, but that now it's being acknowledged

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Traditionally, the goal of
psychology has been to
relieve human suffering, but
the goal of the Positive
Psychology movement, which
Dr Seligman has led for 15
years, is different - it's
about actually raising the
bar for the ...

Flourish: A New

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In Flourish author Martin Seligman takes stock of some of the most important results from decades of positive psychology research. "Flourish" is also a practical book, since alongside the theory it also presents many exercises the readers can start applying right away.

*Flourish: Summary &
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Flourish is the first book he's written in over ten years, ... Martin Seligman has gotten the best and most positive feedback from his students about the exercises

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they've done in class. Many of them said that in spite of taking so little effort, they ended up changing their life. Here are two of them. The "what went well" exercise. Before you go to bed, take ten minutes to write down ...

Flourish Summary - Four Minute Books

To flourish is to find fulfillment in our lives, accomplishing meaningful and worthwhile tasks, and connecting with others at a deeper level—in essence, living the "good life" (Seligman, 2011). Positive psychologist and professor Dr. Lynn Soots (n.d.)

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describes flourishing as the following:

Flourishing in Positive Psychology: Definition + 8

...

Seligman has packed into this book the findings of a huge amount of empirical research on the effectiveness of a positive approach to many many kinds of human emotional challenges, from simple down-in-the-dumps feelings to major psychological dysfunctions.

Flourish: A Visionary New Understanding of Happiness and ...

“Flourish” is the first book

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to present this new theory of human well-being, adding two more elements to the original three. The result is a neat acronym, PERMA. In other words, well-being consists of five elements. First of all, positive emotions.

*Flourish PDF Summary -
Martin E. P. Seligman |
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This book will help you flourish. With this unprecedented promise, internationally esteemed psychologist Martin Seligman begins *Flourish*, his first book in 10 years - and the first to present his dynamic new concept of what well-

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Flourish is Martin Seligman's first book in ten years. Previously, the goal of psychology has been to relieve human suffering, but the goal of the Positive Psychology movement, initiated by Dr. Martin Seligman fifteen years ago, is about raising the bar for the human condition.

*Flourish by Dr. Martin E.P.
Seligman - Chapter 1 Summary*

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Flourishing. That's where

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