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Positive psychology is the scientific study of the "good life", or the positive aspects of the human experience that make life worth living. The discipline of 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 ...

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Chris Peterson's Primer in Positive Psychology - Mentor Coach

Positive Psychology and the Life Well-Lived. American Psychological Association Petersen C (2004) Character Strengths and Virtues: A Handbook and Classification. Oxford University Press Petersen C. (2006). A Primer in Positive Psychology. Oxford University Press Snyder C R (2005) Handbook of Positive Psychology. Oxford University Press

A Primer in Positive Psychology by Christopher Peterson ...

Every Positive Psychologist I know has bought Chris' book. "A Primer in Positive Psychology." It is an icon just as Chris was, the kindest, most brilliant and witty teddy bear of a man. Just as this book rocked and still rocks out world, knowing Chris wrote it makes it all the more relevant and precious.

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A primer in positive psychology (eBook, 2006) [WorldCat.org]

It's Perfect for the curious, bright professional who's new to positive psychology and wants to quickly get up to speed. If you understand The Primer, you'll be ahead of 99% of the people in your field. It Sounds Like Chris. Conversational and accessible. It reads like he talks.

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