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**Authentic Happiness  
Using The New Positive  
Psychology To Realise  
Your Potential For  
Lasting Fulfilment**

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Authentic Happiness: Using the New  
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Seligman teaches readers that happiness  
can be cultivated by identifying and using  
many of the strengths and traits that they  
already possess -- including kindness,

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originality, humor, optimism, and  
generosity.

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A national bestseller, Authentic Happiness  
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Positive Psychology—and sparked a coast-

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to-coast debate on the nature of real happiness. According to esteemed psychologist and bestselling author Martin Seligman, happiness is not the result of good genes or luck.

**Authentic Happiness by Martin E. P. Seligman (ebook)**

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F. LENZENWEGER , Ph.D.,

**Authentic Happiness Transcript -**

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**KDHE**

? Martin E.P. Seligman, Authentic  
Happiness: Using the New Positive  
Psychology to Realize Your Potential for  
Lasting Fulfillment “Depression is now  
ten times as prevalent as it was in 1960,  
and it strikes at a much younger age.

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**Authentic Happiness | Book by Martin  
E. P. Seligman ...**

A national bestseller, Authentic Happiness launched the revolutionary new science of Positive Psychology—and sparked a coast-to-coast debate on the nature of real happiness. According to esteemed psychologist and bestselling author Martin

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Seligman, happiness is not the result of  
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**Authentic Happiness: Using the New...  
book by Martin E.P ...**

Using practical exercises, brief tests, and a  
dynamic website program, Seligman  
shows readers how to identify their highest

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virtues and use them in ways they haven't yet considered. Accessible and proven, Authentic Happiness is the most powerful work of popular psychology in years.

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Authentic Happiness is replete with

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questionnaires that help readers identify their character virtues, relationship issues, and optimistic or pessimistic style.

Seligman takes the hopeful message of Positive Psychology and shows how empirical research supports it and illustrates how the reader can use simple and life-

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Efficient

**Authentic Happiness Quotes by Martin  
E.P. Seligman**

A national bestseller, *Authentic Happiness* launched the revolutionary new science of Positive Psychology—and sparked a coast-to-coast debate on the nature of real happiness. According to esteemed



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Potential for Lasting Fulfillment, by  
Martin E.P. Seligman, Ph.D. New York,  
Free Press, 2002, 319 pp., \$26.00 (paper).

Authentic Happiness by the psychologist  
Martin Seligman chronicles the voyage of  
personal growth and discovery that

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Welcome to the Authentic Happiness  
Website! Here you can learn about  
Positive Psychology through readings,  
videos, research, surveys, opportunities  
and more. Positive Psychology is the  
scientific study of the strengths that enable  
individuals and communities to thrive.

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**Authentic Happiness: Using the New  
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Authentic Happiness is an important introduction to Positive Psychology-- the science of understanding and furthering what's right rather than what's wrong with us. If you are disenchanted with

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mainstream psychology's emphasis on disorder and prescribed solutions, and if you want to enhance and make permanent the good things in life, you will find this book instructive and encouraging.

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# Read Book Authentic Happiness Using The New Positive Psychology To Realise

The information used in this training is based on the work of Martin Seligman, Ph.D. and his book Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment For the last 50 or more years psychology has been focused on what's wrong with people. There's good

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understanding of  
Your Potential For Lasting

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happiness. According to esteemed psychologist and bestselling author Martin Seligman, happiness is not the result of good genes or luck.

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Authentic Happiness: Using the New



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Fulfillment  
Martin  
Seligman. I have read about 80 pages and I am enjoying Seligman's friendly, engaging writing style so far. Also, there are interesting facts about each person's 'range' of happiness being fixed on a spectrum. Great so far.

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Potential for Lasting Fulfillment. Real,  
lasting happiness comes from focusing on  
one's personal strengths rather than

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weaknesses—and working with them to improve all aspects of one's life. Using practical exercises, brief tests, and a dynamic website program,...

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