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Martin Seligman 'Flourishing - a new understanding of wellbeing' at Happiness & Its Causes 2012

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His latest book, Flourish: A Visionary New Understanding of Happiness and Well-Being, lives up to its title. Seligman continues to build and expand on his life work. He starts with a radical rethinking of his own studies and results from the flood of new happiness research of the past decade.

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