



Positive Psychology: The Scientific and Practical Explorations of Human Strengths

Shane J. Lopez, Jennifer Teramoto Pedrotti, Charles Richard Snyder

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The fully updated **Third Edition** of **Positive Psychology: The Scientific and Practical Explorations of Human Strengths** covers the science and application of positive psychology and presents new frameworks for understanding positive emotions and strengths through a culturally competent lens. Authors Shane J. Lopez, Jennifer Teramoto Pedrotti, and C.R. Snyder bring positive psychology to life by addressing important issues such as how positive psychology can improve schooling and the workplace, as well as how it can promote flourishing in day-to-day life. Throughout the book, well-crafted exercises allow readers to apply major principles to their own lives. The book also explores various positive conditions within multiple cultural contexts, such as happiness and well-being, and processes related to mindfulness, wisdom, courage, and spirituality.

“The emphasis is not exclusively clinical; it includes applications and implications across a number of environments and draws from a number of perspectives, including neurobiology. This range makes it an **excellent choice** for anchoring major concepts so students can explore the application of positive psychology to their specific areas of interest.” —**Dr. Pamela Rutledge**, *Massachusetts School of Professional Psychology*

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