

This book is about savoring life—the capacity to attend to the joys, pleasures, and other positive feelings that we experience in our lives. The authors enhance our understanding of what savoring is and the conditions under which it occurs. Savoring provides a new theoretical model for conceptualizing and understanding the psychology of enjoyment and the processes through which people manage positive emotions. The authors review their quantitative research on savoring, as well as the research of others, and provide measurement instruments with scoring instructions for assessing and studying savoring. Authors Bryant and Veroff outline the necessary preconditions that must exist for savoring to occur and distinguish savoring from related concepts such as coping, pleasure, positive affect, emotional intelligence, flow, and meditation. The book’s lifespan perspective includes a conceptual analysis of the role of time in savoring. Savoring is also considered in relation to human concerns, such as love, friendship, physical and mental health, creativity, and spirituality. Strategies and hands-on exercises that people can use to enhance savoring in their lives are provided, along with a review of factors that enhance savoring. Savoring is intended for researchers, students, and practitioners interested in positive psychology from the fields of social, clinical, health, and personality psychology and related disciplines. The book may serve as a supplemental text in courses on positive psychology, emotion and motivation, and other related topics. The chapters on enhancing savoring will be especially attractive to clinicians and counselors interested in intervention strategies for positive psychological adjustment. In recent times there has been growing interest in positive psychology as evidenced by the swell in positive psychology graduate programs, undergraduate courses, journals related to the topic, popular book titles on the topic and scholarly publications. Within the positive psychology community there has been an increased emphasis on the socially beneficial side of positive psychological science. At the First World Congress of the International Positive Psychology Association there was a major push to look at positive psychology as a social change mechanism. This volume will bring together thoughts of leaders in positive psychology from 8 countries to capitalize on the push toward social change and flourishing. By releasing this title at a critical time Springer has the opportunity to help frame the agenda for positive psychology as a force for social change. This seminal work is meant for anyone interested in happiness, strengths, flourishing or positive institutions It introduces Positive Psychology as an unapplied science that can be used to create positive social transformation and enabling institutions. This is a must-have title for academics, especially psychologists, sociologists, economists, and professionals working in the field of Positive Psychology and Well-Being.

*Clinician Manual
A schools-based programme for character education
A Positive Approach to Clinical Intervention, Third Edition
Savoring
Quality of Life Therapy
Promoting Student Happiness
Applying a Life Satisfaction Approach to Positive Psychology and Cognitive Therapy*

For over a century the focus of psychotherapy has been on what ails us, with the therapeutic process resting upon the assumption that unearthing past traumas, correcting faulty thinking, and restoring dysfunctional relationships is curative. But something important has been overlooked: the positives. Shouldn't making us happier, better people be explicit goals of therapy? Positive Psychotherapy: Workbook guides readers through a session-by-session therapeutic approach based on the principles of positive psychology, an exciting new area of study examining the factors that enable us to flourish. This workbook, designed to be used in conjunction with the accompanying clinician's manual, first explains what exactly positive psychotherapy is, exploring the important concepts of character strengths. What follows are 15 positive psychotherapy sessions, each complete with lessons, guidelines, skills, and worksheets for practicing positive psychology skills learned in session. Those interested in improving well-being through psychotherapy will find in Positive Psychotherapy a refreshing complement to other approaches, endowing readers with a sense of purpose and meaning that many have found lacking in more traditional therapies.

This resource provides a complete positive psychology programme designed to promote happiness, resilience and motivation in young people aged 11-18. It contains a section on the theory of positive psychology, guidance for facilitators on delivering the programme, and a 24-session programme to build strengths and promote well-being in young people. Find calm in the midst of everyday chaos. This strengths-based workbook offers a unique step-by-step approach grounded in positive psychology to help you reduce chronic stress in a busy, frazzled world. Chronic stress is a serious problem for many people, and can lead to a host of health and mental health problems, such as heart disease, anxiety, and depression. If you're one of millions who are feeling overworked, overstressed, and overloaded (and chances are, you are!) this much-needed workbook offers a refreshing new approach to help you find peace of mind and start living the life you truly want to live. In this evidence-based guide, a psychologist offers an innovative strengths-based stress reduction plan grounded in positive psychology. You'll find tips and strategies for identifying your key character strengths—such as perseverance, social intelligence, bravery, self-control, and more—and discover how these strengths can help you cultivate greater happiness, better relationships with others, and improve your overall health. Character strengths are a unique catalyst for both happiness and stress management. The skills and practices offered in this workbook can be learned by anyone, because the capacity for these strengths exist in everyone—including you!

Positive psychology, properly understood and applied, offers a tremendous opportunity for improving student and teacher experiences and the overall success of any school. The connection between education and happiness is recognised to be mutually reinforcing; education helps students to be happy and happy students gain more from education. Research has confirmed what educators have long known - that happy students typically achieve more in the classroom and exam room than unhappy students and are more energetic, persistent, creative and better able to get on with others. Using Positive Psychology to Enhance Student Achievement is unique in translating a complex literature written by academic psychologists into a highly practical resource. The activities have been designed to provide a creative and engaging way of enabling students to discover their strengths both in terms of their cognitive abilities and 'virtues', i.e. character strengths. Throughout the programme students are introduced to the key insights of positive psychology: the importance of being connected to others; character training and metacognitive strategies; positive rather than reactive thinking and habits; developing the skills essential for building optimism and resilience; recognising and combating negative thoughts; and understanding that there are certain ways of thinking that can make their lives better. Easy-to-deliver sessions with comprehensive facilitator instructions and activity resources are provided. All lessons are interactive and based on group discussions and role play to ensure that students learn more about themselves and others. Students are encouraged to practise skills and ideas that are discussed during the sessions in their everyday lives with home practice in the form of 'take away' activities being a core element of the programme. This unique resource will be of real relevance and benefit to both staff and students at upper primary and lower secondary level and will give students the tools they need to achieve their full potential.