



Invitation to Positive Psychology: Research and Tools for the Professional (The Positive Psychology Workbook Series)

By Dr. Robert Biswas-Diener PhD

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Positive psychology is a relatively new science that focuses on what goes right with people rather than what goes wrong with people. In this workbook thought leader Robert Biswas-Diener offers clear discussion and practical advice related to developing hope, increasing happiness, identifying personal strengths and generally finding more meaning in life. Rooted in scientific research this book challenges readers to make small changes in perspective and offers them tools for doing so. This book offers advice to those who want to promote more positivity in others such as managers and coaches but is equally appropriate for people interested in self-growth. Invitation to Positive Psychology is one title in the Positive Psychology Workbooks series. These workbooks introduce readers to a variety of solid science and useful tools for improving life, relationships, and overall mental health. Each workbook contains practical suggestions and offers readers opportunities to reflect and experiment with real world tools. A noted expert in his or her respective field writes each book in this series.

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