

A Primer In Positive Psychology Christopher Peterson

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A Primer in Positive Psychology is thoroughly grounded in scientific research and covers major topics of concern to the field: positive experiences such as pleasure and flow; positive traits such as character strengths, values, and talents; and the social institutions that enable these subjects as well as what recent research might contribute to this knowledge.

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Every Positive Psychologist I know has bought Chris' book, "A Primer in Positive Psychology." It is an icon just as Chris was, the kindest, most brilliant and witty teddy bear of a man. Just as this book rocked and still rocks out world, knowing Chris wrote it makes it all the more relevant and precious.

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It's Perfect for the curious, bright professional who's new to positive psychology and wants to quickly get up to speed. If you understand The Primer, you'll be ahead of 99% of the people in your field. It Sounds Like Chris. Conversational and accessible. It reads like he talks.

Chris Peterson's Primer in Positive Psychology - Mentor Coach

Positive Psychology and the Life Well-Lived. American Psychological Association Petersen C (2004) Character Strengths and Virtues: A Handbook and Classification. Oxford University Press Petersen C (2006). A Primer in Positive Psychology. Oxford University Press Snyder C R (2005) Handbook of Positive Psychology. Oxford University Press

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