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PERMA theory earlier in the course,
we will now take a step back and look
at flourishing in the round. Students
will have the opportunity to engage in
values clarification ...

Positive Psychology: building

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happiness and flourishing ...

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Section D: Positive psychology in
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CHAPTER 1 List of topics Positive psychology is the study of topics as diverse as happiness, optimism, subjective wellbeing, and personal growth. The opening chapter has two goals: (1) to describe and critically examine the emergence and development of this new field in

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CHAPTER 8. Positive Psychology: The Science at the Heart of Coaching.

CAROLKAUFFMAN. WHAT YOU WILL understand by the end of this chapter is how the new field of

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