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most of psychology focuses on negatives and illnesses positive psychology is an attempt to redress the balance and focus on the positive aspects of life human strengths and virtues that are found in the happiest people

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a large proportion of today's workforce finds itself coping with major responsibilities at home as well as rising expectations and demands on the job the combination of work and family demands often leads to time pressure and conflict as a result a growing number of employees in today's organisations are suffering from burnout a stress syndrome characterised by emotional exhaustion depersonalisation and diminished personal accomplishment burnout has consequences for family outcomes including diminished positive affect increased marital conflicts and feelings of stress among family members effects on work outcomes have also been reported such as diminished work performance and organisational commitment and increased absenteeism levels in response to this problem a broad array of research has focused on factors that reduce burnout labelled as social support this new book gathers the latest research from around the globe in this field

this book is a comprehensive examination of the influences of genes personality past social experiences social and cultural identities and contextual factors on human prosocial behavior

movies are a powerful and enjoyable medium for learning this book shows how to use film to learn about the concepts and the real life benefits of positive psychology both for self improvement and in classes or seminars

the aim of this book is to encourage students to value read and conduct ethical research it now includes chapters on evaluating research writing proposals and psychology as a science

the fourth edition of pieces of the personality puzzle features insightful readings in personality psychology from a wide range of voices with nearly a third of the readings new to this edition

often military spouses say i love my spouse i'm super proud of and support my spouses service to our country and still i struggle with how to make this military life work for me this book helps you learn how to make this life work for you as you support your spouse this is not a book about being the perfect military spouse it's about what you can do to make this military life work well for you based on who you are as a unique individual learn how to keep your energy and joy up your stress down and apply the research done on happiness to your very own unique military life based on many years of interviews with spouses from all services here's how to go from surviving to thriving in this challenging but very enriching lifestyle

for centuries scholars have argued that envy is the source of much aggressive behavior as well as the root cause of much unhappiness but it is only recently that there have been attempts to examine the emotion from an empirical perspective this book is the first

of its kind to offer a comprehensive summary of current theoretical and empirical work on envy provided by scholars from a range of disciplines the first section of the book focuses on the rich theological philosophical and evolutionary foundations of scholarly thinking on envy the second section covers the social psychological work on envy and includes chapters on social comparison processes definitional challenges the link between envy and schadenfreude intergroup envy and fear of envy the third section covers research on envy from organizational psychology experimental economics marketing neuroscience and anthropology the fourth section focuses on the implications of understanding envy for physical and mental health with chapters on psychoanalytic conceptions of envy health psychology and the challenges of coping with envy a final chapter consists of reflective comments on all the chapters and brings together recurring themes and makes suggestions for future research on envy

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