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positive psychology exploded into public consciousness 10 years ago and has captured attention around the world ever since in this book experts from diverse fields address the question of whether the movement is fulfilling its promise join authors like csikszentmihalyi simonton emmons and fredrickson in charting a bold new course for the future of positive psychology

considerable research has been devoted to understanding how positive emotional processes influence our thoughts and behaviors and the resulting body of work clearly indicates that

positive emotion is a vital ingredient in our human quest towards well being and thriving yet the role of positive emotion in psychopathology has been underemphasized such that comparatively less scientific attention has been devoted to understanding ways in which positive emotions might influence and be influenced by psychological disturbance presenting cutting edge scientific work from an internationally renowned group of contributors the oxford handbook of positive emotion and psychopathology provides unparalleled insight into the role of positive emotions in mental health and illness the book begins with a comprehensive overview of key psychological processes that link positive emotional experience and psychopathological outcomes the following section focuses on specific psychological disorders including depression anxiety trauma bipolar disorder and schizophrenia as well as developmental considerations the third and final section of the handbook discusses translational implications of this research and how examining populations characterized by positive emotion disturbance enables a better understanding of psychiatric course and risk factors while simultaneously generating opportunities to bridge gaps between basic science models and psychosocial interventions with its rich and multi layered focus the oxford handbook of positive emotion and psychopathology will be of interest to researchers teachers and students from a range of disciplines including social psychology clinical psychology and psychiatry biological psychology and health psychology affective science and neuroscience

positive affect treatment for depression and anxiety therapist guide is a modular manual presenting a unified treatment approach for depression anxiety and anhedonia designed to help individuals regain interest and enjoyment in their usual activities while improving their quality of life

encyclopedia of mental health second edition four volume set tackles the subject of mental health arguably one of the biggest issues facing modern society the book presents a comprehensive overview of the many genetic neurological social and psychological factors that affect mental health also describing the impact of mental health on the individual and society and illustrating the factors that aid positive mental health the book contains 245 peer reviewed articles written by more than 250 expert authors and provides essential material on assessment theories of personality specific disorders therapies forensic issues ethics and cross cultural and sociological aspects both professionals and libraries will find this timely work indispensable provides fully up to date descriptions of the neurological social genetic and psychological factors that affect the individual and society contains more than 240 articles written by domain experts in the field written in an accessible style using terms that an educated layperson can understand of interest to public as well as research libraries with coverage of many important topics including marital health divorce couples therapy fathers child custody day care and day care providers extended families and family therapy

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

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

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

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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

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

debunking the myths and sharing up to the minute knowledge about everything from mood enhancing snacks to facts and fallacies about the latest anti aging pills the author of nutrition for women reveals the latest research showing how to add more vibrant years to life

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