

Savoring A New Model Of Positive Experience

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this book is about savoring life the capacity to attend to the joys pleasures and other positive feelings that we experience in our lives the authors enhance our understanding of what savoring is and the conditions under which it occurs savoring provides a new theoretical model for conceptualizing and understanding the psychology of enjoyment and the processes through which people manage positive emotions the authors review their quantitative research on savoring as well as the research of others and provide measurement instruments with scoring instructions for assessing and studying savoring authors bryant and veroff outline the necessary preconditions that must exist for savoring to occur and distinguish savoring from related concepts such as coping pleasure positive affect emotional intelligence flow and meditation the book s lifespan perspective includes a conceptual analysis of the role of time in savoring savoring is also considered in relation to human concerns such as love friendship physical and mental health creativity and spirituality strategies and hands on exercises that people can use to enhance savoring in their lives are provided along with a review of factors that enhance savoring savoring is intended for researchers students and practitioners interested in positive psychology from the fields of social clinical health and personality psychology and related disciplines the book may serve as a supplemental text in courses on positive psychology emotion and motivation and other related topics the chapters on enhancing savoring will be especially attractive to clinicians and counselors interested in intervention strategies for positive psychological adjustment

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