

Using the New Positive
Psychology to Realize Your
Potential for Lasting
Fulfillment

Authentic Happiness

"At last, psychology
gets serious about glee,
fun, and happiness.
Martin Seligman
has given us a gift."
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of *Emotional Intelligence*

Martin E. P. Seligman, Ph.D.

Bestselling author of *Learned Optimism*

Authentic Happiness Authentic Happiness

Lyn Ashmore, Denise Robinson



Authentic Happiness Authentic Happiness:

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Authentic Happiness Martin E. P. Seligman, 2003 In this important entertaining book one of the world s most celebrated psychologists Martin Seligman asserts that happiness can be learned and cultivated and that everyone has the power to inject real joy into their lives In *Authentic Happiness* he describes the 24 strengths and virtues unique to the human psyche Each of us it seems has at least five of these attributes and can build on them to identify and develop to our maximum potential By incorporating these strengths which include kindness originality humour optimism curiosity enthusiasm and generosity into our everyday lives he tells us we can reach new levels of optimism happiness and productivity *Authentic Happiness* provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work in love and in raising children By accessing the very best in ourselves we can improve the world around us and achieve new and lasting levels of authentic contentment and joy EBL **How to Find Authentic Happiness in a World of**

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Joyce Meyer, 2008-04-29 For all the technology conveniences and advantages we experience in today's world many of us struggle just to get through each day After coming through what seemed like a lifetime of abuse hardship and oppression Joyce Meyer has come to live every day in victory and joy In her new book she spreads the word that an exciting enjoyable life is available to everyone The breakthrough for Joyce came when she started to look at herself through God's eyes There she not only saw the truth about herself and changes she needed to make but came to know His unconditional love Joyce has packed this book with biblical principles and practical application revealing secrets she has discovered for living a full and joyful life After reading this informative and entertaining book you will be ready to ENJOY TODAY and EMBRACE TOMORROW

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