DESCRIPTION

Collating for the first time a range of techniques in positive psychology, this handbook introduces topics such as courage, empathy and humor, and spans areas as diverse as gratitude, forgiveness and strengths. It also explores special considerations such as ethics and motivation, and offers informed conjecture on future directions in research and practice.

- Comprehensive content summarizes theory and research on many areas of positive psychology intervention for the first time and provides essential updates on established interventions

- Features contributions from an array of leading researchers, including Bob Emmons, Sonja Lyubomirsky and Shane Lopez

- Covers established interventions – for instance, coaching and family therapy – as well as newly developed interventions – such as schizophrenia or stopping smoking

ABOUT THE AUTHOR

Acacia Parks is Assistant Professor of Psychology at Hiram College, USA. She received her Ph.D. from the University of Pennsylvania. Her research focuses on the efficacy of positive interventions, and the psychological and behavioral characteristics of individuals who use them. She is an associate editor of the Journal of Positive Psychology, as well as co-editor of "Activities for Teaching Positive Psychology" (APA Press). Dr. Parks is an active teacher of both positive psychology and critical writing.
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