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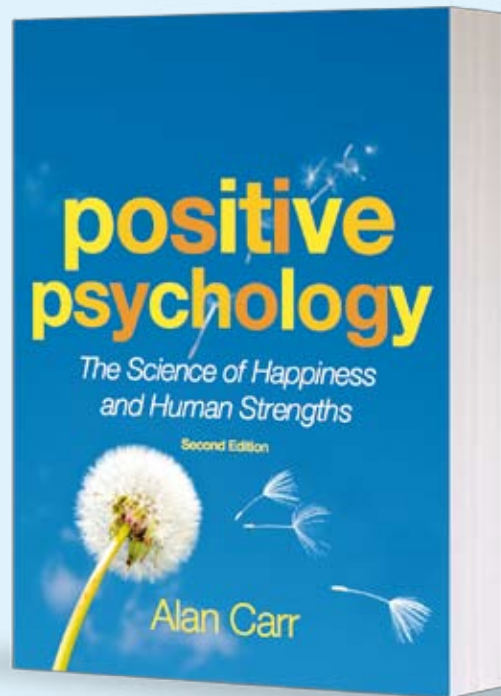
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# Positive Psychology

The Science of Happiness  
and Human Strengths

*Second Edition*

**Alan Carr**



- **Thorough and accessible** introduction to the field
- **Completely updated** with major advances and recent research in the field
- Discussion of **ground-breaking research** on emotional intelligence
- **New chapter** on positive psychotherapy
- **Extended account of research** on character strengths and virtues
- **Key features include:** learning objectives, chapter summaries and personal development questions.

*“This succinct compilation of some of the important ideas and findings in Positive Psychology provides a handy reference for those new to the field and a useful taster for those who wish to delve more deeply.”* - **Felicia A. Huppert, Director, Well-being Institute, University of Cambridge, UK**

*“This book offers an empirically based, rigorously scientific approach to a rapidly changing and expanding field. Undergraduates and graduate students will appreciate the accessible presentation, ample graphics, and personal development questions, while professionals will be pleased with the up-to-date, sensible coverage of this thoroughly revised edition. The next generation of Positive Psychology textbooks has arrived!”* - **Grant Rich, University of Alaska, USA**

**Praise for the first edition:**

*“This book does more than provide a thorough review of the extant research in Positive Psychology – it outlines available resources, methods of measurement, offers a critique of available research and makes recommendations for further reading and research.”* - **Arlene Vetere, University of East London, UK**

Remediating deficits and managing disabilities has been a central preoccupation for clinical psychologists. Positive Psychology, in contrast, is concerned with the enhancement of happiness and well-being, involving the scientific study of the role of personal strengths and positive social systems in the promotion of optimal wellbeing.

Alan Carr's *Positive Psychology* has become essential reading for anyone requiring a thorough and accessible introduction to the field. This new edition retains all the features that made the first edition so popular, including:

- Accounts of major theories and relevant research
- Learning objectives
- Chapter summaries
- Research and personal development questions
- Suggestions for further reading
- Measures for use in research
- Glossaries of new terms.

The book has also been completely updated to take account of recent research and major advances, and includes a new chapter on positive psychotherapy, an extended account of research on character strengths and virtues, and a discussion of recent ground-breaking research on emotional intelligence.

This new edition of *Positive Psychology* will prove a valuable resource for psychology students and lecturers, as well as those involved in postgraduate training in related areas such as clinical psychology, social work, counselling and psychotherapy.

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Hope and Optimism.

Flow.

Emotional Intelligence.

Giftedness, Creativity  
and Wisdom.

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Positive Psychological  
Therapy.

### Professor Alan Carr

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