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reduce depression and  
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aged 10-12 as they...

**The Science of**  
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Compton and Edward  
Hoffman invite college  
students to apply  
practices to their own  
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experiences to ensure  
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The Science of Well-

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10-session course,

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field of Positive Psychology, and gain skills to help them lead a more positive

mindset! See Schedule . Sarah Tedesco . 2

total reviews for this teacher.

**Positive Psychology:  
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Positive Psychology could be regarded as a subset within the broader field we call the Science of



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Happiness, which

extends to the natural  
as well as the social  
sciences.

**The Science of  
Happiness &  
Positive Psychology  
- Habits of ...**

In Positive Psychology:  
The Science of  
Happiness, Professor  
Sanderson will describe  
cutting-edge research  
from the field of  
positive psychology on  
the factors that do

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(and do not) predict happiness, and provide practical (and relatively easy!) ways to increase your own psychological well-being.

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Your answer relates directly to the concept of positive thinking and whether you have a positive or negative outlook on life. Positive

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thinking plays an important role in positive psychology, a subfield devoted to the study of what makes people happy and fulfilled.

## **Understanding the Psychology of Positive Thinking**

Happiness is linked to lower heart rate and blood pressure, as well as healthier heart rate variability. Happiness can also act as a

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barrier between you and germs - happier people are less likely to get sick. People who are happier enjoy greater protection against stress and release less of the stress hormone cortisol.

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Happiness in  
Positive Psychology  
101**

One of the key  
psychological theories

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behind positive affirmations is self-affirmation theory (Steele, 1988). So, yes, there are empirical studies based on the idea that we can maintain our sense of self-integrity by telling ourselves (or affirming) what we believe in positive ways.

**Positive Daily  
Affirmations: Is  
There Science  
Behind It?**

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Edward Hoffman is a leading scholar in humanistic psychology, and has been writing and lecturing on topics related to emotional well-being, higher motivation, and spirituality for more than 30 years. He is an Adjunct Associate Psychology Professor at Yeshiva University in New York City, where he created its popular course on positive psychology.

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**Happiness ...**

The phrase "the science of happiness" refers to a new field of social science called positive psychology. Contrary to popular belief, it is not "positive thinking" or self-help, but a broad empirical field of research and application worldwide.

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**What Is the Science  
of Happiness? |  
HuffPost Life**

Positive Psychology:  
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Happiness New science  
shows that happiness  
is about our behavior,  
not just our biology. By  
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**Happiness - ABC**

**News** Science Of

Positive psychology is  
an emerging field

dedicated to

understanding what  
makes life most worth

living on the basis of  
rigorous research.

Thousands of

experiments and

studies have been

conducted to provide

insights into what

really makes life good

and how you can live

more happily and more

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Positive psychology is the study of "positive subjective experience, positive individual traits, and positive institutions promises to improve quality of life". Positive psychology focuses on both individual and societal well-being.

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Happiness And  
Positive psychology began as a new domain of psychology in 1998 when Martin Seligman chose it as the theme for his term as president of the American Psychological

...

## **Positive psychology - Wikipedia**

Integrate applications of positive psychology and the science of happiness into daily life; Dr. Mark K. Setton.

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Mark Setton is the co-founder and CEO of Pursuit-of-Happiness.org.

He has studied and published works on East Asian philosophy and well-being for the past 30 years. ...

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Flourishing presents a highly engaging, up-to-date introduction to positive psychology.

Authors William C. Compton and Edward Hoffman invite students to apply practices to their own lives, contexts, and experiences to ensure understanding.

**Positive Psychology:  
The Science of  
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About the authors --An

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introduction to positive  
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--Foundations:  
emotion, motivation,  
and the nature of well-  
being --Subjective well-  
being --Leisure, flow,  
mindfulness, and peak  
performance

--Romantic love and  
positive families

--Positive health

--Excellence,  
aesthetics, creativity,  
and genius --Well-being  
across the lifespan

--Models of optimal

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spirituality, and well-  
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toward the future of  
positive ...

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