

Flourish A New Understanding Of Happiness And Wellbeing The Practical Guide To Using Positive Psychology To Make You Happier And Healthier

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From "Flourish: A Visionary New Understanding of Happiness and Well-Being" by Martin E. P. Seligman. Published by Free Press, 2011. Using the PERMA Model. Once you're aware of the things that make up well-being (instead of focusing on happiness alone), it's much easier to live a rich, meaningful life. Let's look at how you can do this. Positive ...

According to Martin Seligman, the pioneer of positive psychology, you need five elements for that ultimate state of wellbeing: positive emotions, engagement, relationships, meaning and accomplishment. This PERMA-model is the focus of his most recent book Flourish – A New Understanding of Happiness and Wellbeing .

Seligman, Martin E.P. (2011) Flourish: A visionary new understanding of happiness and well-being.
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