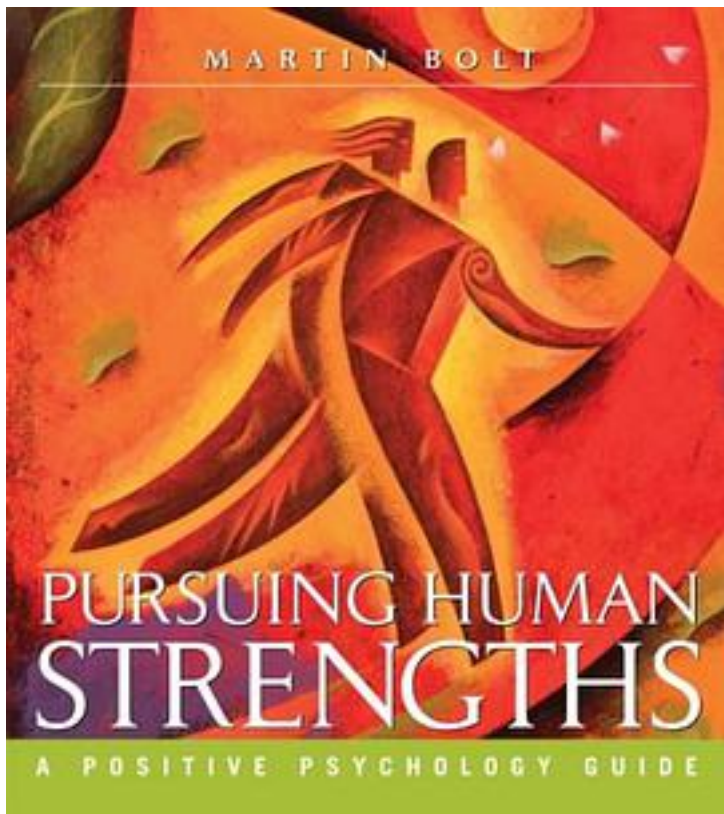


Pursuing Human Strengths



[Pursuing Human Strengths 下载链接1](#)

著者:Bolt, Martin

出版者:W H Freeman & Co

出版时间:2004-2

装帧:Pap

isbn:9780716701125

By using the scientific method in its efforts to assess, understand, and then build human strengths, positive psychology balances the investigation of weakness and damage with a study of strength and virtue. "Pursuing Human Strengths: A Positive Psychology Guide" gives instructors and students alike the means to learn more about this relevant approach to psychology. Martin Bolt helps students learn more about themselves as they learn the facts of, and theories about, the fascinating field of psychology. This book is a terrific accompaniment to virtually any psychology course

(most notably, human adjustment and growth, introductory psychology, and abnormal psychology). For those teaching a course in positive psychology, "Pursuing Human Strengths" provides a primary text.

作者介绍:

目录:

[Pursuing Human Strengths_ 下载链接1](#)

标签

评论

[Pursuing Human Strengths_ 下载链接1](#)

书评

[Pursuing Human Strengths_ 下载链接1](#)