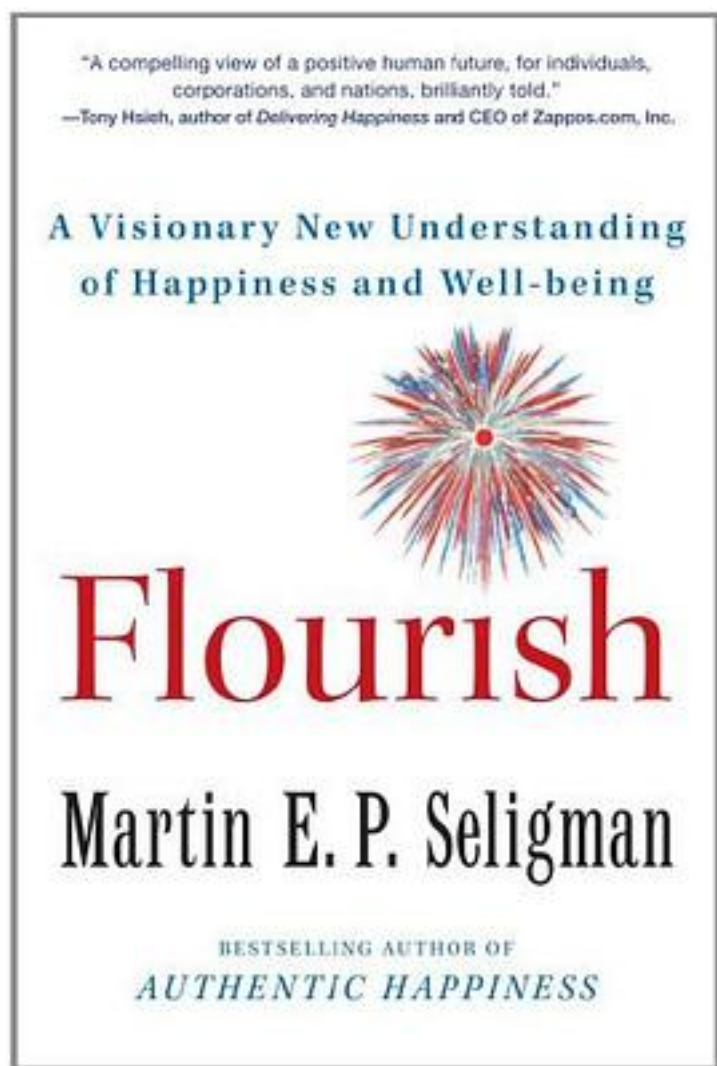


Flourish



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著者:Martin E. P. Seligman

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From the author of the International Bestseller Authentic Happiness. In this groundbreaking book, one of the world's foremost academic psychologists - and founder of the Positive Psychology movement - offers a new theory on what makes people flourish and how to truly get the most out of life. Flourish is a fascinating evolution of Seligman's thinking, and offers inspiring stories of Positive Psychology in action - innovative schools that add resilience to their curricula; a new theory of success and intelligence; and evidence on how positive physical health can turn medicine on its head. Building on his game-changing work on optimism, motivation and character, Seligman shows us how to flourish and bring well-being into both our personal lives and society as a whole. Wellbeing is a way of thinking that the new coalition government is taking very seriously indeed.

作者介绍:

目录:

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标签

心理学

积极心理学

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评论

via Dun Are you a happy and authentic person? Do you believe that you can be HAPPIER and MORE authentic?

amazon上的介绍是 This book will help you flourish! 感觉是鸡汤中的战斗机

没想到是鸡汤

70: well-being refers to PERMA here-positive emotion, engagement, meaning, relationship and achievement.

启发不太多，只看第一部分就好。

3.5星

作为Well-being的五大基本要素，PERMA理论非常重要。积极心理学的广泛应用十分鼓舞人心，从中小学到军队，比如what-went-well练习，对生活中人事物怀有感恩，是提升生活愉悦感的重要途径，实验证明甚至比心理疾病药物和心理咨询都有效。提到character strengths & signature strengths，还有post-traumatic growth，这些都是重要的相关概念。积极心理学的研究对现代社会意义重大。

槽点满满，同样是积极心理学，"积极心理学之父"的书反而不如网上的哈佛幸福课

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书评

小失望。比起learned optimism，写得随意，内容有点拼凑。所谓well being，也是个拼起来的概念，更多是个movement，不是科学研究。老头对movement的解读倒是很有意思，不需要研究完善到什么程度，更多是怎么让政府或机构采取行动。平时人们做事也是这么回事。老头估计就是悟到...

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