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Positive Psychology offers a comprehensive coverage of the science and application of positive psychology, and presents new frameworks for understanding positive emotions and human strengths. The book brings the concept to life by tackling issues such as how positive psychology can help improve schooling and the workplace, as well as promote cooperative lifestyles among people.

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Positive Psychology: The Scientific and Practical Explorations of Human Strengths comprehensively covers the science and application of positive psychology. The book brings positive psychology to life by illustrating issues such as how psychological strength can help increase positive outcomes in school and the workplace and promote cooperative relationships among people.

Positive Psychology | SAGE Publications Inc

Dr. Lopez has published more than 100 articles and chapters and 10 books in addition to Positive Psychology: The Scientific and Practical Explorations of Human Strengths.

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