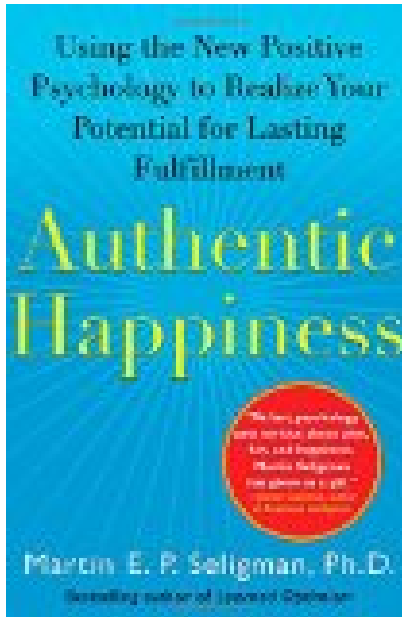


Authentic Happiness Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment



BOOK DETAILS

- Author : Martin E. P. Seligman
- Pages : 336 Pages
- Publisher : Atria Books
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BOOK SYNOPSIS

Argues that happiness can be a learned and cultivated behavior, explaining how every person possesses at least five of twenty-four profiled strengths that can be built on in order to improve life.

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