

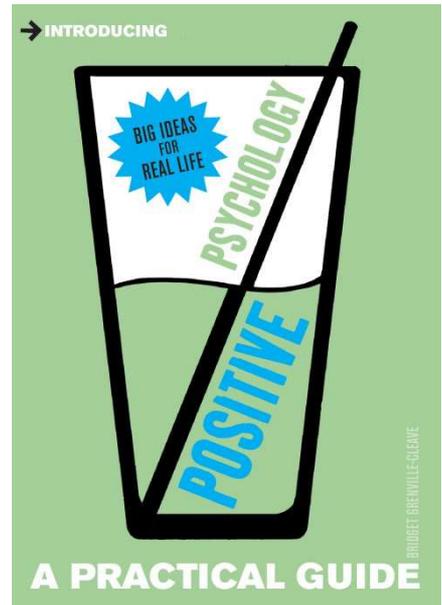
# POSITIVE PSYCHOLOGY

**A Practical Guide**

**Bridget Grenville-Cleave**

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**An INTRODUCING PRACTICAL GUIDE to increasing happiness and well-being**

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Based on the most up-to-date research, theories and science, and covering over 20 of the key concepts within Positive Psychology in a clear, concise and easy-to-read style, this Practical Guide gives you proven techniques to improve your well-being, resilience and optimism, putting you on the path to a flourishing, healthier and more fulfilled life.

Free of jargon and full of straightforward advice, case studies and step-by-step instructions, this is the perfect start to making your life better.

**Bridget Grenville-Cleave** holds the MSc in Applied Positive Psychology (MAPP) from the University of East London and is one of the first qualified positive psychologists to practice in Europe. She is a founder

member of the International Positive Psychology Association (IPPA) and the Centre for Applied Positive Psychology (CAPP). Bridget works as a positive psychology trainer, consultant and lecturer, and is a regular conference speaker. She also writes a monthly column for the specialist website *Positive Psychology News Daily*.

**To request a review copy or interview, or to discuss feature ideas, please contact Henry Lord, Publicity Manager: [henry.lord@iconbooks.co.uk](mailto:henry.lord@iconbooks.co.uk) / 0207 700 9962**

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