

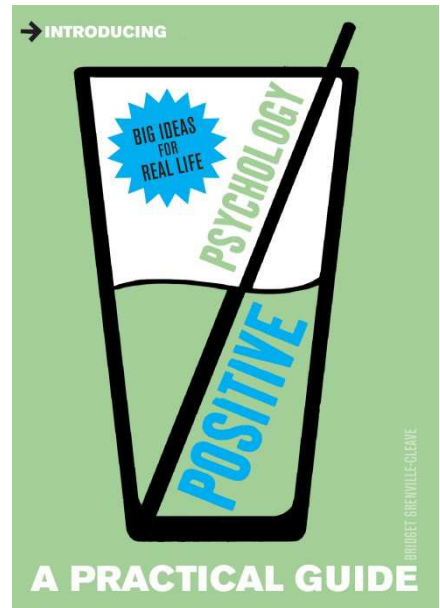
POSITIVE PSYCHOLOGY

A Practical Guide

Bridget Grenville-Cleave

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An INTRODUCING PRACTICAL GUIDE to increasing happiness and well-being

"The best "how to" of positive psychology that I have come across. To the point, easy to read, funny, yet highly intelligent, this book will be the one-stop shop for all positive psychology derived solutions for years to come". Dr Ilona Boniwell, Programme Leader, Masters in Applied Positive Psychology, University of East London

Positive psychology is the scientific study of the positive aspects of human life, such as happiness, confidence and achievement; it focuses on understanding and promoting what makes life worth living rather than on treating mental illness.

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 / 0207 700 9962

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