

POSITIVE PSYCHOLOGY

A Practical Guide

Bridget Grenville-Cleave

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An INTRODUCING PRACTICAL GUIDE to increasing happiness and well-being

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

Bridget Grenville-Cleave holds the Masters in Applied Positive Psychology 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 as well as being a regular conference speaker. She also writes a monthly column for the specialist website *Positive Psychology News Daily*.

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