

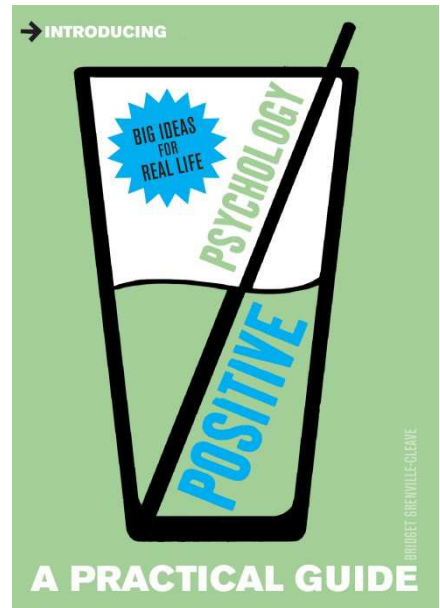
POSITIVE PSYCHOLOGY

A Practical Guide

Bridget Grenville-Cleave

Publication Date: 5 January 2012

£6.99 • Ebook £4.99 • ISBN 9781848312777



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.

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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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