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Author Martin E.P. Seligman | Submitted by: Jane Kivik. Free download or read online Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment pdf (ePUB) book. The first edition of the novel was published in 2002, and was written by Martin E.P. Seligman. The book was published in multiple languages including English, consists of 336 pages and is available in Paperback format.

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So, what IS authentic happiness? As I expanded on in my new book 7 keys to Serenity, true happiness does not just happen. We create it, and we create it inside ourselves. True happiness is a state of mind—even more than that—a state of being. A feeling that is not linked to a circumstance or a person, an animal or a thing.

What is authentic happiness? | Keys to Serenity

Register for a free account on the University of Pennsylvania Authentic Happiness website and take the VIA Survey of Character Strengths. The VIA Institute on Character offers the survey on their website as well. These are not the same test. The VIA Institute assessment has half as many questions and takes 10 to 15 minutes to complete.

Authentic Happiness: How to Increase It (Based on Positive ...

Santos uses the University of Pennsylvania Authentic Happiness Inventory to help her participants gain a clearer idea of their own happiness. By the middle of 2018, Santos launched her course online through Coursera and is free to take. It is reported that there have been over 130,000 people who have enrolled in the course since its launch.

How to Measure Happiness With Tests and Surveys (+ Quizzes)

H = S + C + V. where H is your enduring level of happiness, S is your set range, C is the circumstances of your life, and V represents factors under your voluntary control.". The happiness formula teaches us how happiness works, showing us the variables determining whether our levels are high, medium, or low.

"Authentic Happiness" by Martin Seligman (Book Summary ...

By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity - into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. Authentic Happiness provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve ...

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Authentic Happiness is an important introduction to Positive Psychology-- the science of understanding and furthering what's right rather than what's wrong with us. If you are disenchanted with mainstream psychology's emphasis on disorder and prescribed solutions, and if you want to enhance and make permanent the good things in life, you will find this book instructive and encouraging.

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Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment (Kindle Edition) Published October 2nd 2002 by Free Press Kindle Edition. 336 pages

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A national bestseller, Authentic Happiness launched the revolutionary new science of Positive Psychology and sparked a coast-to-coast debate on the nature of real happiness. According to esteemed psychologist and bestselling author Martin Seligman, happiness is not the result of good genes or luck.

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