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ManyBooks is a nifty little site that's been around for over a decade. Its purpose is to curate and provide a library of free and discounted fiction ebooks for people to download and enjoy.

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Positive Psychology For Well Being

Positive emotions help to pause and choose how to respond rather than react to anger.

Cultivating opportunities and savoring the details can help enhance positive emotions. How much joy, gratitude or ...

Psychology Today

"As a group immersed

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in positive psychology,
we saw that the
science of wellbeing
might provide a new
paradigm to help
shape a different
future—not just for
individuals but the
society in which ...

**New book explores
how positive
psychology can build
a brighter post-
COVID world**

In 2018, when
Professor Laurie Santos

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introduced her course "Psychology and the Good Life," a class on the science of happiness, it became the most popular in the history of Yale, attracting more than ...

How to gain a sense of well-being, free and online

Practicing gratitude for just 5-minutes each day can make you 25% happier. Three simple, but powerful ways, to

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**For Happiness In
Tough Times, Be
More Grateful**

Positive psychology
also (indirectly)
addresses the value of
prayers of petition for
the well-being of
others. When we pray,
we make the world a
more merciful place. —
Kathryn Jean Lopez is

...

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**‘The Gospel of
Happiness’: How
Faith and Positive
Psychology Work
Together**

The Greater Good
Science Center studies
the psychology,
sociology, and
neuroscience of well-
being, and teaches
skills that foster a
thriving, resilient, and
compassionate society.

Claudia Harzer:

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... may be termed

Positive Psychology -

the study of "individual

experiences, positive

individual traits, and

positive institutions". It

promises to enhance

the quality of life,

focussing on the ...

How organisations

can develop a

positive

psychological

environment to beat

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**work from home
stress**

Tailor an existing
dyadic positive
psychology
intervention (PPI ... the
ultimate goal of the
intervention is to

improve mood,
subjective well-being,
and life satisfaction.

Thus, our exploratory
aim 3 ...

**Positive psychology
intervention for
couples after SCI**

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Psychology For
(SCIPPR-D)

It can transform your work, your health, and your overall well-being.

Shavon Bethel cited information from University of North Carolina positive psychology researcher Barbara Fredrickson.

“Negative ...

**Shavon Bethel
Discusses How
Positive Thinking
Can Improve Your
Overall Life**

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Satisfaction

"Basically, we found that the persistence of a person's brain in holding on to a negative stimulus is what predicts more negative and less positive ... and well-being," he added.

Don't let the small stuff get you down--your well-being may depend on it

Laurie Santos has been

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**Laurie Santos
appointed the
Chandrika and
Ranjan Tandon Prof.
of Psychology**

A 2021 study published
in The Journal of
Positive Psychology by
researchers at the
University of California,

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to ...

Psychology

It's OK to feel joy

right now

The initial version of the MANAS App will focus on promoting positive mental health in the age group of 15-35.

MANAS App:

Principal Scientific

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Advisor launches app to promote mental wellbeing
The American College of Lifestyle Medicine (ACLM) today announced that mental well-being program

The Lift Project has earned Certified Lifestyle Medicine

Program designation. The designation ...

The designation ...

American College of Lifestyle Medicine Designates Mental

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Funded by the NSW Government Local Drought Stimulus, Cabonne Council is hosting well-being workshops in Cabonne, targeted at using positive psychology techniques to boost your well-being. Join guest ...

Well-being

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Workshops in Cabonne

Fleet operators are encouraged to attend the latest free fleet safety webinar from Brake, the road safety charity's Global Fleet Champions initiative, which will be a focused look at the links ...

Fleets Urged To Look At Driver Health And Wellbeing In New Webinar

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So, I approached their depression from the perspective of positive psychology ... but find a place of sustained emotional well-being, which often vastly exceeded the expectations I had for ...

Psychology Today

ABOUT THE LIFT

PROJECT: The Lift

Project is an evidence-based mental

wellbeing program that

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uniquely draws

together strategies

from lifestyle medicine,

positive psychology

and neuroscience.

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