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Character Strengths Matter: How to Live a Full Life

By Shannon Polly, Kathryn H Britton

Positive Psychology News, United States, 2015. Paperback.
Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What are the elements of good character? The Values in Action (VIA) project identified 24 qualities such as creative, authentic, loving, forgiving, kind, persistent, prudent, and brave, calling them character strengths. Character strengths are elements of good character valued across time and around the world. If you are curious about your own strengths, join the 3 million people that have taken the free online survey at Character Strengths Matter: How to Live a Full Life brings the 24 character strengths to life with stories involving children, teenagers, adults, and elders and occurring in family life and business settings, in the present and in the distant past, in locations from China to the United States to the Middle East. Research shows that using character strengths in new ways for a week makes people happier up to six months later. This book includes many ideas for using your character strengths in new ways. Based on the unusual premise that a key way to build strength is to act as if you have that strength already, this book includes...



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