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Martin E.P. Seligman



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La auténtica felicidad Martin E.P. Seligman, 2017-02-01 En este libro Seligman nos provee de las herramientas para identificar nuestros aspectos más positivos y desarrollarlos a fin de mejorar sensiblemente nuestra vida y las de los que nos rodean En lugar de centrarse como la psicología tradicional en el estudio y tratamiento de la enfermedad mental la Psicología Positiva pone el foco en las fortalezas humanas las que nos permiten aprender disfrutar ser alegres generosos solidarios y optimistas El doctor Martin E P Seligman eminente investigador de la psique humana y fundador de esta corriente científica sostiene que la auténtica felicidad no solo es posible sino que lejos de depender de la suerte y de los genes puede cultivarse identificando y utilizando muchas de las fortalezas y rasgos que ya poseemos Opinión Por fin la psicología se toma en serio el optimismo la diversidad y la felicidad Daniel Goleman autor de La inteligencia emocional

La auténtica felicidad Martin E. P. Seligman, 2003 La nueva Psicología Positiva revoluciona el concepto de felicidad y señala el camino para conseguirla El doctor Martin Seligman el investigador de la psique humana que hace una década creó el concepto de optimismo aprendido presenta ahora una nueva y revolucionaria corriente científica la Psicología Positiva En lugar de centrarse como la psicología tradicional en el estudio y tratamiento de la enfermedad mental la Psicología Positiva dirige su atención a las fortalezas humanas a aquellos aspectos que nos permiten aprender disfrutar ser alegres generosos serenos solidarios y optimistas Basándose en innovadoras investigaciones Seligman sostiene que la auténtica felicidad no solo es posible sino que lejos de depender de la suerte y de los genes puede cultivarse identificando y utilizando muchas de las fortalezas y rasgos que ya se poseen Aplicando estas fortalezas personales en los ámbitos cruciales de la vida los lectores no solo desarrollarán protecciones naturales contra el infortunio la depresión y las emociones negativas sino que situarán sus vidas en un plano nuevo y más positivo El libro proporciona una serie de tests que permiten al lector reconocer sus rasgos y fortalezas característicos La lección más trascendente de La auténtica felicidad estriba en que al identificar lo mejor de nosotros mismo y desarrollar esos aspectos podemos mejorar sensiblemente nuestra vida y la de cuantos nos rodean

La auténtica felicidad / Authentic Happiness Martin E.P. Seligman, 2011-10-01 En este libro Seligman nos provee de las herramientas para identificar nuestros aspectos más positivos y desarrollarlos a fin de mejorar sensiblemente nuestra vida y las de los que nos rodean Basándose en una investigación científica innovadora Seligman muestra cómo la Psicología Positiva está alejando el paradigma de la profesión de su enfoque estrecho en patología victimología y enfermedad mental a emociones positivas y salud mental La felicidad según muestran los estudios no es el resultado de buenos genes o suerte Se puede cultivar identificando y fomentando rasgos que ya poseemos incluyendo amabilidad originalidad humor optimismo y generosidad Seligman proporciona las herramientas que necesita para determinar sus rasgos o fortalezas más positivas Luego explica cómo al recurrir con frecuencia a estas fortalezas características en todos los ámbitos cruciales de la vida salud relaciones carrera no solo desarrollar amortiguadores naturales contra la desgracia y las emociones negativas sino que también alcanzar

niveles nuevos y sostenibles de aut ntica satisfacci n satisfacci n y significado Por fin la psicolog a se toma en serio el optimismo la diversi n y la felicidad Daniel Goleman autor de La inteligencia emocional ENGLISH DESCRIPTION Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment In this national bestseller Martin Seligman s most stimulating persuasive book to date the acclaimed author of Learned Optimism introduces yet another revolutionary idea Drawing on groundbreaking scientific research Seligman shows how Positive Psychology is shifting the profession s paradigm away from its narrow minded focus on pathology victimology and mental illness to positive emotion and mental health Happiness studies show is not the result of good genes or luck It can be cultivated by identifying and nurturing traits that we already possess including kindness originality humor optimism and generosity Seligman provides the tools you need in order to ascertain your most positive traits or strengths Then he explains how by frequently calling upon these signature strengths in all the crucial realms of life health relationships career you will not only develop natural buffers against misfortune and negative emotion but also achieve new and sustainable levels of authentic contentment gratification and meaning **Florece** Martin E.P. Seligman,2016-08-01 Una gu a optimista y visionaria sobre la b squeda de la felicidad y el bienestar En este libro fruto de su trabajo revolucionario en el campo de la psicolog a positiva el Dr Martin E P Seligman presenta su visi n sobre el bienestar individual y colectivo El resultado es un volumen de ideas sobre la felicidad basado en un enfoque cient fico y en historias exitosas de programas cl nicos pero tambi n un manual pr ctico para entender nuestras actitudes y objetivos enriquecer nuestra existencia y obtener el mayor provecho de la vida Con implicaciones profundas para el crecimiento personal pero tambi n para la educaci n la econom a la terapia la medicina y las pol ticas p blicas y laborales Florece representa un hito en el pensamiento sobre el bienestar de los individuos las comunidades y las naciones Ning n psic logo ha hecho tanto como Martin Seligman para descubrir las claves del bienestar y presentarlas al mundo Florece est lleno de t cnicas para lograr cambios en nosotros mismos en nuestras relaciones y en la sociedad Seligman nos ense a a vislumbrar las posibilidades de la vida en lugar de sus limitaciones Jonathan Haidt autor de La hip tesis de la felicidad

Aprenda optimismo Martin E.P. Seligman,2014-09-18 Aprende a superar tu pesimismo y transforma definitivamente tus pensamientos negativos Es usted optimista o pesimista C mo se siente si un amigo le dice que hiere sus sentimientos Con qu frecuencia se embarca en nuevos e interesantes proyectos o celebra sus xitos El psic logo Martin E P Seligman uno de los expertos mundiales en la llamada psicolog a positiva le ense a ahora a explorar una nueva visi n de la vida con un optimismo flexible En esta gu a basada en veinte a os de investigaci n cl nica el doctor Seligman presenta t cnicas sencillas de aplicar que ya han ayudado a miles de personas a superar su pesimismo y la tristeza que acompa a a los pensamientos negativos Aprenda optimismo contiene asimismo tests que le revelar n cu les son sus niveles de optimismo y pesimismo en la actualidad as como t cnicas garantizadas para transformar definitivamente los pensamientos negativos y desembarazarse del sentimiento de derrota **Florece** Martin E. P. Seligman,2022-11-30 An optimistic and visionary guide on the search for

happiness and well being In this book the fruit of his groundbreaking work in the field of positive psychology Dr Martin E P Seligman presents his vision of individual and collective well being The result is a volume of ideas on happiness based on a scientific approach and on the success stories of clinical programs It also serves as a practical manual enrich our existence and get the most out of life

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