

*Flourish A Visionary New Understanding Of Happiness And Well Being Martin Ep Seligman*







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Flourish A Visionary New Understanding of Happiness and Well-being. By Martin E. P. Seligman. Trade Paperback. eBook Unabridged Audio Download Unabridged Compact Disk. ... Flourish is a watershed in the understanding of happiness as well as a tool for getting the most out of life.

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His latest book, Flourish: A Visionary New Understanding of Happiness and Well-Being, lives up to its title. Seligman continues to build and expand on his life work. He starts with a radical rethinking of his own studies and results from the flood of new happiness research of the past decade.

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Flourish: A Visionary New Understanding of Happiness and Well-being (public library) is rather radical departure from Seligman's prior conception of happiness, which he now frames as overly simplistic and inferior to the higher ideal of lasting well-being.

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