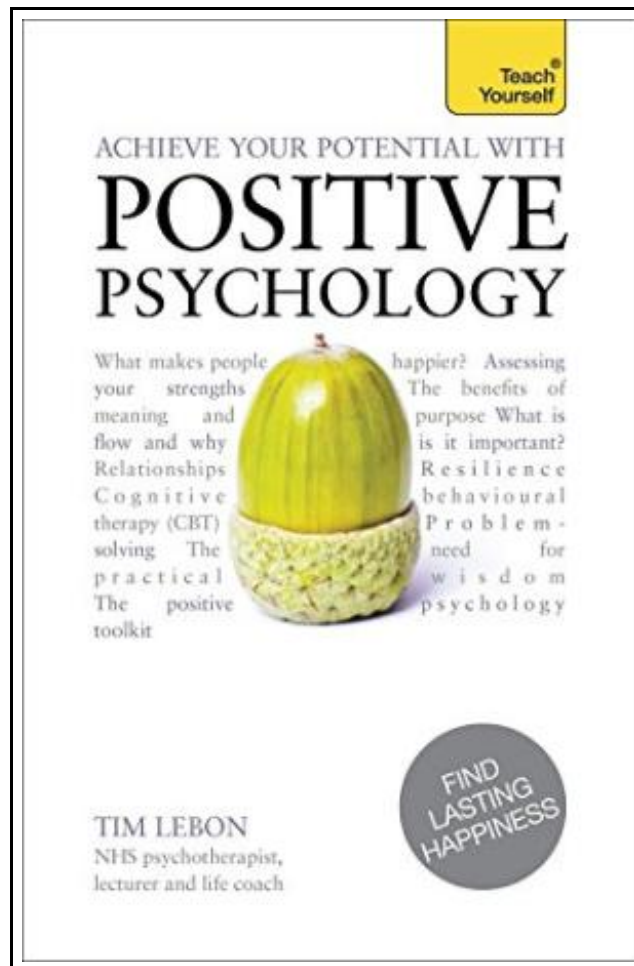# Achieve Your Potential with Positive Psychology: Teach Yourself

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Reviews

Very good e-book and valuable one. It really is packed with knowledge and wisdom I am just very easily could possibly get a satisfaction of reading a created pdf.
(Walton Haag)

ACHIEVE YOUR POTENTIAL WITH POSITIVE PSYCHOLOGY: TEACH YOURSELF

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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Achieve Your Potential with Positive Psychology: Teach Yourself, Tim LeBon, Everybody wants to be happier and fulfil their potential, and for years many self-help books have claimed they know the answer. Only in the last two decades has Positive Psychology started to provide evidence-based ideas that have been scientifically shown to work. In this book psychotherapist, lecturer and life coach Tim LeBon shows you how you can use the tools coming from Positive Psychology to achieve your goals. You will discover how ideas from CBT, mindfulness and practical philosophy can produce a more balanced, wiser version of Positive Psychology. Learn how to: * flourish and be happier * maintain and sustain positive relationships * find more meaning in life and accomplish more * become wiser and more resilient * discover the real benefits that a genuine understanding of positive psychology can bring. "This book has a wealth of information and fascinating case studies which will take you on a fulfilling journey through the relatively new perspective of positive psychology. Tim LeBon does not leave you to fend alone but encourages us to take responsibility for ourselves through guided action plans, diagnostic tests and key ideas leading to newer and fresher outlooks. I would encourage anyone interested in positive psychology to soak this book up and take a step towards a better life." Ilona Boniwell, Associate Professor at Ecole Centrale Paris and author of Positive Psychology in a Nutshell.

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