



Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment

By Martin E. P. Seligman

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A national bestseller, *Authentic Happiness* launched the revolutionary new science of Positive Psychology—and sparked a coast-to-coast debate on the nature of real happiness.

According to esteemed psychologist and bestselling author Martin Seligman, happiness is not the result of good genes or luck. Real, lasting happiness comes from focusing on one's personal strengths rather than weaknesses—and working with them to improve all aspects of one's life. Using practical exercises, brief tests, and a dynamic website program, Seligman shows readers how to identify their highest virtues and use them in ways they haven't yet considered. Accessible and proven, *Authentic Happiness* is the most powerful work of popular psychology in years.

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Editorial Review

From Publishers Weekly

In his latest user-friendly road map for human emotion, the author of the bestselling *Learned Optimism* proposes ratcheting the field of psychology to a new level. "Relieving the states that make life miserable... has made building the states that make life worth living less of a priority. The time has finally arrived for a science that seeks to understand positive emotion, build strength and virtue, and provide guideposts for finding what Aristotle called the 'good life,'" writes Seligman. Thankfully, his lengthy homage to happiness may actually live up to the ambitious promise of its subtitle. Seligman doesn't just preach the merits of happiness e.g., happy people are healthier, more productive and contentedly married than their unhappy counterparts but he also presents brief tests and even an interactive Web site (the launch date is set for mid-August) to help readers increase the happiness quotient in their own lives. Trying to fix weaknesses won't help, he says; rather, incorporating strengths such as humor, originality and generosity into everyday interactions with people is a better way to achieve happiness. Skeptics will wonder whether it's possible to learn happiness from a book. Their point may be valid, but Seligman certainly provides the attitude adjustment and practical tools (including self-tests and exercises) for charting the course.

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Review

Cheryl Richardson author of *Stand Up for Your Life Authentic Happiness* is one of the most important books of our time. It offers a powerful message of hope for millions who long for a deeply satisfying life. Highly accessible and filled with practical advice, if you read it and use it, it will change your life.

From the Inside Flap

Advance Praise for *Authentic Happiness*

"Authentic Happiness is an excellent book about emotions that are vital, positive, and lend great strength to our lives. Martin Seligman, a pioneer in the field of positive emotions, has written a book that will make a real difference to many people."

—Kay Redfield Jamison, author of *An Unquiet Mind*

"A revolutionary perspective on psychology, Seligman's *Authentic Happiness* is a beacon for human behavior in the new century. Laypersons and professionals alike will find this book enormously enriching. It summarizes a huge literature, it provides concrete self-assessment tools, and it speaks with a joyful voice about what it means to be fully alive."

—Mihaly Csikszentmihalyi, author of *Flow: The Psychology of Optimal Experience*

"Martin Seligman is one of the most original thinkers the social sciences have produced in our century. *Authentic Happiness* is a fascinating, compelling look at a body of ground-breaking research. An important book."

—Jonathan Kellerman

"A highly insightful scientific and personal reflection on the nature of happiness, from one of the most creative and influential psychologists of our time."

—Steven Pinker, Peter de Florez Professor of Psychology, MIT, and author of *The Language Instinct*.

"To read this book is to walk with your head floating in clouds of possibility while your feet tread firmly on

the ground of scientific research. Dr. Seligman gives us the tools to tap into our greatest strengths, so that we can live more joyously while making a greater contribution to loved ones, work and community."

—Joan Oliver Goldsmith , author of *How Can We Keep from Singing: Music and the Passionate Life*

"At last, psychology gets serious about glee, fun and happiness. Martin Seligman has given us a gift—a practical map for the perennial quest for a flourishing life."

—Daniel Goleman, author of *Emotional Intelligence*

"Seligman takes the best, most recent science in psychology and applies it to our oldest, most basic human questions—how can we be happy? And how can we be good? His book is ground-breaking, heart-lifting and, most importantly, deeply useful. With pun intended, I'm optimistic about its success."

—Mary Pipher, author of *Reviving Ophelia*

"An amazing book! Absolutely full of practical wisdom and its authentic sources. What depth of understanding! Seligman affirms our power of choice with a perspective on old and new psychology I found compelling and fascinating. This book will help restore the Character Ethic."

—Dr. Stephen R. Covey, author of *The 7 Habits of Highly Effective People*

"The Constitution may guarantee the right to pursue happiness, but it doesn't offer clear paths to follow through the wilderness. Seligman does. By turns smart, funny, irreverent, and insightful, he is the perfect guide, someone who can make such a difference in life, and lives. A world hungry for happiness will love his new book."

—Diane Ackerman, author of *A Natural History of the Senses*

Users Review

From reader reviews:

James Brier:

As people who live in the actual modest era should be upgrade about what going on or details even knowledge to make these people keep up with the era which can be always change and advance. Some of you maybe can update themselves by reading through books. It is a good choice to suit your needs but the problems coming to an individual is you don't know what one you should start with. This *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* is our recommendation to help you keep up with the world. Why, since this book serves what you want and wish in this era.

Sean Lee:

Exactly why? Because this *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* is an unordinary book that the inside of the book waiting for you to snap the item but latter it will zap you with the secret this inside. Reading this book next to it was fantastic author who have write the book in such remarkable way makes the content within easier to understand, entertaining way but still convey the meaning fully. So , it is good for you for not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of advantages than the other book possess such as help improving your talent and your critical thinking technique. So , still want to hold off having that book? If I have been you I will go to the book store hurriedly.

Lawrence Abbate:

Playing with family within a park, coming to see the sea world or hanging out with pals is thing that usually you will have done when you have spare time, in that case why you don't try matter that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment, it is possible to enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't obtain it, oh come on its named reading friends.

Liza Serrano:

The book untitled Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment contain a lot of information on the idea. The writer explains the girl idea with easy approach. The language is very simple to implement all the people, so do not worry, you can easy to read the idea. The book was authored by famous author. The author provides you in the new age of literary works. You can read this book because you can read on your smart phone, or device, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open their official web-site and also order it. Have a nice study.

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