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Psykolog Martin Seligman er ophavsmand til positiv psykologi, og med udgangspunkt i sit banebrydende arbejde om optimisme, motivation og karakterstyrker undersøges, hvad et godt liv er - for individer, organisationer og nationer. Hans argumentation for trivselsteorien er for den erfarne læser en velskrevet opdatering af, hvor positiv psykologi står i dag, og for den nye læser en introduktion og grundbog til teorien.

Henvender sig til alle, der beskæftiger sig med menneskelig vækst og trivsel, terapi, pædagogik, uddannelse, økonomi og politik.

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