

POSITIVE PSYCHOLOGY: HARNESSING THE POWER OF HAPPINESS, MINDFULNESS, AND INNER STRENGTH (HARVARD MEDICAL SCHOOL SPECIAL HEALTH REPORT BOOK



A Harvard Medical School Special Health Report

Positive Psychology

Harnessing the power of happiness, mindfulness, and personal strength



In this report:

Finding the positive in life
What makes you happy?
Drawing on your strengths
Getting in the flow
Finding meaning

SPECIAL BONUS SECTION
Mindfulness:
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Positive emotions have been linked with better health, longer life, and greater well-being in numerous scientific studies. On the other hand, chronic anger, worry, and hostility increase the risk of developing heart disease, as people react to these feelings with raised blood pressure and stiffening of blood vessels. But it isn't easy to maintain a healthy, positive emotional state. People often misjudge what will make them happy and content. Positive Psychology, a Special Health Report from Harvard Medical School, is a guide to the concepts that can help you find well-being and happiness, based on the latest research. This report includes self-assessment tests and step-by-step advice and exercises to help you maximize the positive emotion in your life.

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