

Positive Psychology: The Science of Happiness and Human Strengths

By Alan Carr

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What is positive psychology?

Positive psychology is concerned with the enhancement of happiness and well being, involving the scientific study of the role of personal strengths and positive social systems in the promotion of optimal well-being. The central themes of positive psychology, including Happiness, Hope, Creativity and Wisdom, are all investigated in this book in the context of their possible applications in clinical practise.

Positive Psychology is unique in offering an accessible introduction to this emerging field of clinical psychology. It covers:

- * available resources including websites and test forms
- * methods of measurement
- * a critique of available research
- * recommendations for further reading.

Positive Psychology will prove a valuable resource for psychology students and lecturers who will benefit from the learning objectives and research stimuli included in each chapter. It will also be of great interest to those involved in training in related areas such as social work, counselling and psychotherapy.

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Editorial Review

Review

Carr's *Positive Psychology* is a magisterial text, an enormously informative and inclusive synthesis of this new branch of science. It is a model of a contemporary textbook, with references to websites, useful copies of test forms, and provocative questions at the end of chapters. The positive psychology movement is fortunate to rate such an excellent textbook so soon after its inception. - *Mihaly Csikszentmihaly, Claremont Graduate University*

This book does more than provide a thorough review of the extant research in positive psychology - it outlines available resources, methods of measurement, offers a critique of available research and makes recommendations for further reading and research. Alan Carr's background in systemic psychotherapy and critical psychology enables him to add theoretical richness to the field of positive psychology by integrating contextual and relational perspectives with this inherently individualistic approach. - *Arlene Vetere, University of East London*

About the Author

Alan Carr is the director of the doctoral training programme in clinical psychology at University College Dublin and Consultant Marital and Family Therapist at the Clanwilliam Institute for Marital and Family Therapy in Dublin. His previous publications include *The Handbook of Child and Adolescent Psychology: A Contextual Approach* (Routledge 1999), *What works with Children and Adolescents? A Critical Review of Psychological Interventions with Children, Adolescents and their Families* (Routledge 2000) and *Prevention: What Works With Children and Adolescents? A Critical Review of Psychological Prevention Programmes for Children, Adolescents and their Families* (Routledge 2002).

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