



# Exploring Positive Psychology: The Science of Happiness and Well-Being: The Science of Happiness and Well-Being

*Erik Gregory, Pamela Rutledge*

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Looking for an introduction to positive psychology that offers real-life examples? This overview of the science of happiness supplies case studies from some of the world's most successful organizations and describes ways to experience the personal impact of this exciting scientific field.

Provides practical and applied knowledge in the field that can be used in one's daily life

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