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Welcome to the Authentic Happiness Website! Here you can learn about Positive Psychology through readings, videos, research, surveys, opportunities and more. Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive.

Authentic Happiness | Authentic Happiness

Authentic Happiness is a fascinating, compelling look at a body of ground-breaking research. An

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The life-changing lesson of 'Authentic Happiness' is that by identifying the very best in ourselves, we can improve the world around us and achieve new and sustainable levels of authentic...

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The information used in this training is based on the work of Martin Seligman, Ph.D. and his book Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment For the last 50 or more years psychology has been focused on what's wrong with people.

Authentic Happiness Transcript

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Fulfillment. (Contemporary Affairs).

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