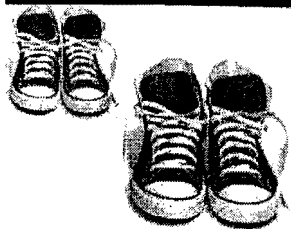


Kate Hefferon & Ilona Boniwell

POSITIVE PSYCHOLOGY

THEORY, RESEARCH AND APPLICATIONS





Contents

Preface	vi
Acknowledgements	ix
List of Figures, Tables and Questionnaires	x
1 Introduction to Positive Psychology	1
2 Understanding Emotions	22
3 Happiness and Subjective Wellbeing across Nations	44
4 Eudaimonic Wellbeing	76
5 Optimism, Explanatory Style and Hope	94
6 Resilience, Post-traumatic Growth and Positive Ageing	114
7 Values, Motivation and Goal Theories	136
8 Positive Psychological Interventions	150
9 The Body in Positive Psychology	175
10 Applying Positive Psychology	195
11 Summing Up Positive Psychology	221
References	229
Index	261