



La Autentica Felicidad (Zeta No Ficción (Unnumbered))

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Fox Leadership Professor of Psychology Martin E P Seligman Ph.D.

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Seligman shows how Positive Psychology is shifting the profession's paradigm away from its narrow-minded focus on pathology, victimology, and mental illness to positive emotion and mental health. Happiness can be cultivated by identifying and nurturing traits that we already possess, including kindness, originality, humor, optimism, and generosity.

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440 pages

About the Author

Martin E.P. Seligman, Ph.D., the Robert A. Fox Professor of Psychology at the University of Pennsylvania, works on positive psychology, learned helplessness, depression, ethno-political conflict, and optimism. Dr. Seligman's work has been supported by the National Institute of Mental Health, the National Science Foundation, the Guggenheim Foundation, the Mellon Foundation, and the MacArthur Foundation. He is the director of the Positive Psychology Network and scientific director of Foresight, Inc., a testing company that predicts success in various walks of life.

He was for fourteen years the Director of the Clinical Training Program of the University of Pennsylvania and was named a "Distinguished Practitioner" by the National Academies of Practice. In 1995, he received the Pennsylvania Psychological Association's award for "Distinguished Contributions to Science and Practice."

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