



# **Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment**

*Martin E. P. Seligman*

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# Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment

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## **Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment** Martin E. P. Seligman

In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In "Authentic Happiness", he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity - into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. "Authentic Happiness" provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

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