



Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients

Robert Biswas-Diener, Ben Dean

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Positive psychology moves psychology from a medical model toward a strengths model to help clients shore up their strengths and thereby lead happier, more fulfilling lives. *Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients* provides concrete language and interventions for integrating positive psychology techniques into any mental health practice.

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