

The Science Of Happiness How Our Brains Make Us Happy And What We Can Do To Get Happier Stefan Klein

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Our powerful brains are constantly processing all sorts of experiences and analyzing them in the form of thoughts. Thoughts form what we perceive to be reality. We can control and direct our thoughts, but it often feels like our thoughts have minds of ...

1 Positive Psychology, Positive Prevention, and Positive Therapy
damaged childhood, and damaged brains. The message of the positive psychology movement is to remind our ?eld that it has been deformed. Psychology is not just the study of disease, weakness, and damage; it also is the study of strength and virtue. Treatment is not just ?xing what is wrong; it also is building what is right.

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