

AUTHENTIC HAPPINESS SELIGMAN%0A

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Authentic Happiness by Martin Seligman Review Summary

Authentic Happiness is an impactful study and reflection largely because of how Seligman delved into the science of happiness. Even in the 2000s (when the book was first published), positive emotions were not studied as much as negative emotions; this trend ignored an entire realm of the human experience that Seligman brought into focus.

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Authentic Happiness Using the New Positive Psychology to

A national bestseller, Authentic Happiness launched the revolutionary new science of Positive Psychology and sparked a coast-to-coast debate on the nature of real happiness. According to esteemed psychologist and bestselling author Martin Seligman, happiness is not the result of good genes or luck.

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counterproductive because authentic happiness will ensue only when we pursue and live a meaningful life. (3) (3) The major difference between pursuing happiness as an end state and pursuing

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