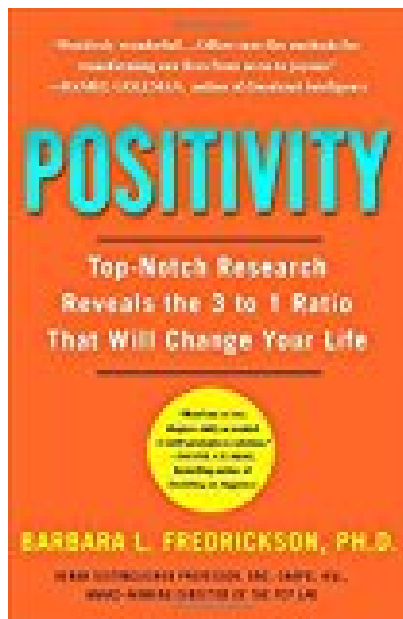


Positivity Top-Notch Research Reveals the Upward Spiral That Will Change Your Life



BOOK DETAILS

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BOOK SYNOPSIS

One of the leading members of the positive psychology movement draws on cutting-edge research and lab-tested tools to explain: • Why positivity is more important than happiness • How it relieves depression, broadens minds, and builds lives • How to tap into your own sources of positivity With Positivity, you'll learn to see new possibilities, bounce back from setbacks, connect with others, and become the best version of yourself.

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