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The oxford handbook of positive psychology

The Oxford Handbook of Positive Psychology serves as a comprehensive guide for individuals seeking to enhance their lives through positive psychology principles. With 65 chapters covering all aspects of the field, it provides an in-depth exploration of topics such as happiness, hope, strengths, and life longings. This handbook offers a unique cross-disciplinary approach, incorporating insights from social, clinical, personality, counseling, school, and developmental psychology. The content is designed to empower readers with practical guidelines for applying positive psychology in various contexts, showcasing its applicability across cultures and time. She has a PhD from Porto University, Portugal, where she supervised researchers and worked at the Center of Psychology. Marques writes extensively on positive psychology, focusing particularly on hope. The Oxford Handbook of Positive Psychology is a leading reference in the field, showcasing how it thrives in diverse contexts. This new edition features 68 chapters covering current theory and research from various fields of psychology, including social, clinical, and developmental psychology.

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