

POSITIVE PSYCHOLOGY

(ENGLISH TEXTS)

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PREFACE

In today's world, society is facing extremely tough challenges in the form of global warming, natural disasters, economic recession, unprecedented homelessness, terrorism and the draining continuation of war. With all this sadness and horror, where in the world does a science based on testing happiness, wellbeing, personal growth and 'the good life' fit into the modern-day agenda?

It is necessary to explain that Iranian students study courses at university in Persian language. For this reason, the Ministry of Science and Technology has devoted two psychology courses in English language. The authors of this book have decided to compile the most relevant English-language scientific resources for MA positive psychology students to be acquainted with the original and authentic texts of psychology with the universal knowledge of positive psychology.

This textbook will take you through the new science of positive psychology, which aims to 'understand, test, discover and promote the factors that allow individuals and communities to thrive. Positive psychology focuses on wellbeing, happiness, flow, personal strengths, wisdom, creativity, imagination and characteristics of positive groups and institutions. Furthermore, the focus is not just on how to make individuals happy, thereby perpetuating a self-centered, narcissistic approach, but on happiness and flourishing at a group level as well. We will look at how individuals and groups thrive and how increasing the wellbeing of one will have a positive effect on the other, leading to a win-win situation. In the first chapter, we deal with the definition and assumptions of positive psychology. In the second chapter, the Subjective well-being and quality of life are introduced. In chapter 3, the concepts of Signature strength, virtues, hope, and EQ, which are some basic principles of positive psychology, are explained. In chapter 4, Life satisfaction and social changes are defined, and the following and last chapter deals with Positive psychology in

practice. In the following, there are some self-assessment practices for readers to reflect on the materials provided during the book. The authors, Dr. Hamid Kamarzarin and Dr. Monirosadat Hosseini have launched to write about positive psychology due to its key role in wellbeing and happiness in the society, hoping to be a helpful step towards the widespread use of positive psychology in treatment.

We also appreciate the efforts of Mr. Ehsan Golestani, MA on Psychology in editing the dictionary and self-exams parts and completing the publication process.

We welcome and thank readers of this book in advance.

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