

Florecer: La nueva psicología positiva y la búsqueda del bienestar (Spanish Edition)

By Martin E. P. Seligman

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In this groundbreaking book, Martin Seligman, renowned psychologist, founder of the positive psychology movement, and prolific author, offers a new theory on a fundamental issue. What is happiness? Why do some people feel satisfied with life while others do not? How are they influenced by circumstances outside of their control? Is it their financial position? Is it something related to the wiring of their personalities? Seligman provides real-life stories that, in addition to inspiring the reader, serve as support for his proposal. Human well-being depends on a number of attitudes and values—personal, family, social—that help guide our lives towards happiness.

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Editorial Review

About the Author

Martin E. P. Seligman is a psychology professor at the University of Pennsylvania and the director of the Positive Psychology Network. He is the author of 20 books, including *Authentic Happiness, Learned Optimism*, and *The Optimistic Child*. He lives in Philadelphia.

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