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Positive psychology is "the scientific study of what makes life most worth living", or "the scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural, and global dimensions of life". Positive psychology is concerned with eudaimonia, "the good life", reflection about what holds the greatest value ...

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Introduction. In a recent post on the popular German positive psychology (PP) blog Mappalicious, Sonja Lyubomirsky was quoted as saying, "I hope for the label "positive psychology" to be retired. We don't need it anymore" (Rose, 2016). This raises a question in the minds of PP practitioners and enthusiasts: Is the field spearheaded by Seligman and Csikszentmihalyi (2000) on its last legs?

Critique of Positive Psychology and Positive Interventions

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