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**Flourish: A Visionary**

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Seligman2011FlourishA  
V, title={Flourish: A  
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being}, author={M.  
Seligman},  
year={2011} }

**[PDF] Flourish: A  
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(2012). Flourish: a new understanding of happiness and well-being - and how to achieve them, by Martin E.P. Seligman. The Journal of Positive

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Psychology: Vol. 7, No.  
2, pp. 159-161.

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Happiness, Well-Being -  
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**Editions of Flourish:  
A Visionary New  
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The Observer  
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expert Richard Layard  
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Paperback – 5 May  
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**Flourish: A New  
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His latest book,  
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Being, lives up to its  
title. Seligman  
continues to build and  
expand on his life  
work. He starts with a  
radical rethinking of his  
own studies and results  
from the flood of new  
happiness research of  
the past decade.

**Review of "Flourish:  
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Flourish builds on Dr.  
Seligmans game-  
changing work on  
optimism, motivation,  
and character to show  
how to get the most  
out of life, unveiling an  
electrifying new theory  
of what makes a good  
life for individuals, for  
communities, and for  
nations.

**Flourish: A Visionary  
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This an excerpt from

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Flourish: A Visionary  
New Understanding of  
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Being. The Original  
Theory: Authentic  
Happiness. Positive  
psychology, as I intend  
it, is about what we  
choose for its own  
sake. I chose to have a  
back rub in the  
Minneapolis airport  
recently because it  
made me feel good.

**What is Well-Being?**

**| Authentic**

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**Happiness**  
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Happiness and Well-  
being Martin E. P.  
Seligman, From the  
bestselling author of  
Learned Optimism and  
Authentic Happiness  
comes “a relentlessly  
optimistic guidebook  
on finding and securing  
individual happiness”  
(Kirkus Reviews).

**Flourish by  
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most out of life.

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Flourish: A visionary  
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Happiness and Well-  
being, New York, Atria

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**Flourish: Martin  
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**FOR PSYCHOLOGY  
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Product Information.  
Flourish: A new

understanding of life's  
greatest goals- and

what it takes to reach  
them. In this

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one of the world's

foremost academic  
psychologists- and

founder of the Positive

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**Flourish by Martin  
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