



Positive Psychology at the Movies: Using Films to Build Virtues and Character Strengths

Ryan M. Niemiec, Danny Wedding

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Now with dozens of evocative movie images to help discuss key points

Three completely new chapters on "PERMA" (positive emotions, engagement, relationships, meaning, and accomplishment), the 5 core areas of well-being discussed by positive psychologists:

- o Positive Relationships
- o Mindfulness and Resilience
- o Achievement, Meaning, Engagement, and Positive Emotions

Now discusses nearly 1,500 positive psychology movies - 400 of them new to this edition

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New appendices listing "Positive Psychology Movies for Children, Adolescents, and Families"; "Movies of the Year" for recent years; and "Positive Psychology Short Films"

More extensive commentary on research and practice for each of the 24 character strengths, now with over 800 scholarly references

Updated charts, references, practitioner resources, and more!

Movies are a powerful and enjoyable medium for learning. This book shows exactly how to use film to learn about the concepts and the real-life benefits of positive psychology, both for self-improvement and in classes or seminars.

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