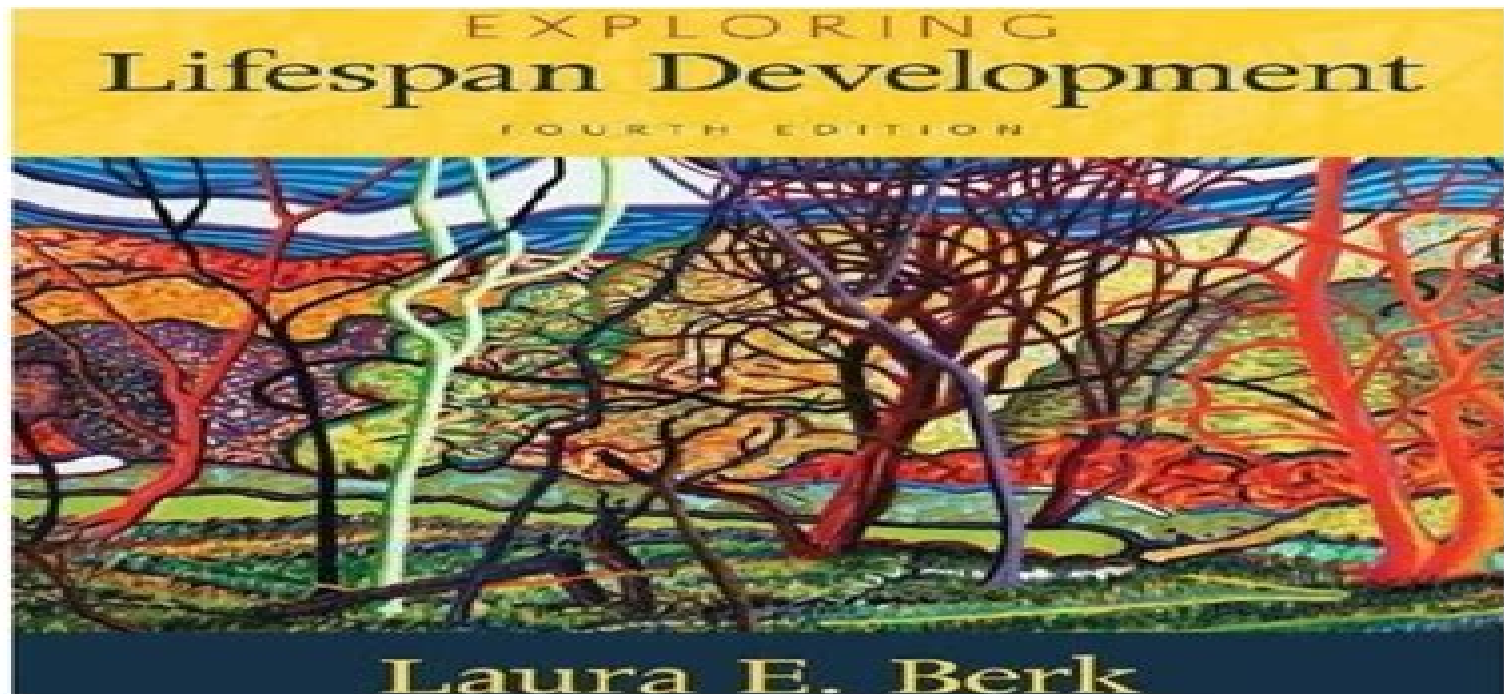

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developing mental and physical functioning as well as recommendations for enhancing relationships and reshaping organisational structures A wealth of case studies show you how these practices can be successfully deployed in diverse real world contexts such as society religion the classroom and the workplace Key features include Learning objectives Practice essay questions and quizzes Useful psychometric tools you can adapt for your own research Summary boxes Case study and reflection boxes Suggested further reading Keyword definitions and glossary list of acronyms This book is essential reading for students of Applied Positive Psychology or the Psychology of Happiness and Wellbeing Tim Lomas is a Psychology Research Scientist in the Department of Epidemiology at the Harvard T H Chan School of Public Health and part of the Human Flourishing Program at Harvard University Kate Hefferon has studied lectured and worked in the areas of wellbeing and trauma research for 20 years Itai Ivztan is the Director of the School of Positive Transformation Kirsty Gardiner is a Chartered Social Psychologist and a Research Director of a DEI consultancy

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