



Positive Psychology: The Scientific and Practical Explorations of Human Strengths

By Lopez Shane J., Jennifer Teramoto Pedrotti

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The fully updated **Third Edition** of **Positive Psychology: The Scientific and Practical Explorations of Human Strengths** covers the science and application of positive psychology and presents new frameworks for understanding positive emotions and strengths through a culturally competent lens. Authors Shane J. Lopez, Jennifer Teramoto Pedrotti, and C.R. Snyder bring positive psychology to life by addressing important issues such as how positive psychology can improve schooling and the workplace, as well as how it can promote flourishing in day-to-day life. Throughout the book, well-crafted exercises allow readers to apply major principles to their own lives. The book also explores various positive conditions within multiple cultural contexts, such as happiness and well-being, and processes related to mindfulness, wisdom, courage, and spirituality.

“The emphasis is not exclusively clinical; it includes applications and implications across a number of environments and draws from a number of perspectives, including neurobiology. This range makes it an **excellent choice** for anchoring major concepts so students can explore the application of positive psychology to their specific areas of interest.” —**Dr. Pamela Rutledge**, *Massachusetts School of Professional Psychology*

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Editorial Review

Review

“The emphasis is not exclusively clinical; it includes applications and implications across a number of environments and draws from a number of perspectives, including neurobiology. This range makes it an **excellent choice** for anchoring major concepts so students can explore the application of positive psychology to their specific areas of interest.”

(Dr. Pamela Rutledge, Massachusetts School of Professional Psychology)

About the Author

Shane J. Lopez, Ph.D. is a Gallup Senior Scientist and Research Director of the Clifton Strengths Institute. Dr. Lopez has published more than 100 articles and chapters and 10 books in addition to *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. These include *Making Hope Happen*, his first trade book; *The Oxford Handbook of Positive Psychology* (with C.R. Snyder); *Positive Psychological Assessment: A Handbook of Models and Measures* (with C.R. Snyder); *Positive Psychology: Exploring the Best in People*; *The Encyclopedia of Positive Psychology*; and *The Psychology of Courage: Modern Research on an Ancient Virtue* (with Cynthia Pury). Dr. Lopez is a Fellow of the American Psychological Association and of the International Positive Psychology Association. A professor of education for a decade, he is now professor of business at the University of Kansas.

Jennifer Teramoto Pedrotti, Ph.D., is Professor in the Department of Psychology and Child Development at California Polytechnic State University, San Luis Obispo, where she has been teaching positive psychology with a multicultural focus for over 10 years. She is the lead editor on a new edited volume entitled *Perspectives on the Intersection of Multiculturalism and Positive Psychology* (with Lisa M. Edwards), and recently spoke on the topic of including cultural context in positive psychological discussions as a keynote speaker at the Asian Pacific Conference on Applied Positive Psychology in Hong Kong. Dr. Teramoto Pedrotti has contributed to many different volumes throughout her career such as *The Oxford Handbook of Positive Psychology*, *Positive Psychological Interventions*, *Activities for Teaching Positive Psychology*, and the *Handbook of Multicultural Counseling*. In addition, her work has appeared in multiple journals including the *Journal of Counseling Psychology*, the *Journal of Positive Psychology*, *Professional Psychology: Research and Practice*, and *Professional School Counseling*. As a Diversity and Inclusivity Faculty Mentor on her campus, she works with students daily in culturally competent ways to identify and enhance their strengths.

C. R. Snyder, Ph.D. (deceased) was the Wright Distinguished Professor of Clinical Psychology at the University of Kansas, Lawrence. Internationally known for his work at the interface of clinical, social, personality, and health psychology, his theories have pertained to how people react to personal feedback, the human need for uniqueness, the ubiquitous drive to excuse transgressions and, most recently, the hope motive. He received 31 research awards and 27 teaching awards at the university, state, and national levels. In 2005, he received an honorary doctorate from Indiana Wesleyan University. Snyder has appeared many times on national American television shows, and he has been a regular contributor to National Public Radio. His scholarly work on the human need for uniqueness received the rare recognition of being the subject

matter of an entire Sunday cartoon sequence by Gary Trudeau. All of these accomplishments were packaged in a graying and self-effacing absent-minded professor who says of himself, "If you don't laugh at yourself, you have missed the biggest joke of all!"

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