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comes from focusing on one's
personal strengths rather
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with them to improve all
aspects of one's life. Using
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Seligman teaches readers
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and using many of the
strengths and traits that
they already possess --
including kindness,
originality, humor,
optimism, and generosity.

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"Depression is now ten times
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The information used in this
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last 50 or more years
psychology has been focused
on what's wrong with people.

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furthering what's right
rather than what's wrong
with us. If you are
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friendly, engaging writing
style so far. Also, there
are interesting facts about
each person's 'range' of
happiness being fixed on a
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