

Meaning In Positive And Existential Psychology

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Existential Psychology East-West (Volume 2) - Louis Hoffman 2020-06-17
Existential-Psychology East-West (Volume 2) emerged from continued dialogues on existential psychology, particularly existential-humanistic psychology, in Southeast Asia. This volume includes authors from Southeast Asia, India, Africa, Europe, and the United States, including Xuefu Wang, Louise

Sundararajan, Mark Yang, Louis Hoffman, Al Dueck, Albert Chan, Donna Rockwell, Ilene Serlin, Rainbow Tin Hung Ho, Rochelle Suri, Meili Pinto, and Anthony K. Nkyi. The book is divided into three sections: 1) Theory and Practice, 2) Applications and Case Illustrations, and 3) Existential Perspectives on Cultural Myths. The first three chapter focus on Zhi Mian Therapy, an indigenous Chinese approach

to existential psychology. These chapters are the most comprehensive overview of Zhi Mian Therapy in English to date. Other theory chapters include a discussion of international psychology from an existential-humanistic perspective, the concept of Sui Wu Fu Xing, men's violence against women, Sunyata, and the concept of savoring. The second section focuses on a variety of case illustrations to illuminate the practice of existential therapy in different cultural contexts. The final section expands upon existential perspectives of myths as developed in Rollo May's *The Cry for Myth and Existential Psychology East-West* (Volume 1). Seven myths from different cultural contexts are examined from an existential perspective. Along with Volume 2, *Existential-Psychology East-West* (Volume 2) represents a landmark contribution to the existential psychology literature.

Handbook of Experimental Existential Psychology - Jeff Greenberg 2013-12-17

Social and personality psychologists traditionally have focused their attention on the most basic building blocks of human thought and behavior, while existential psychologists pursued broader, more abstract questions regarding the nature of existence and the meaning of life. This volume bridges this longstanding divide by demonstrating how rigorous experimental methods can be applied to understanding key existential concerns, including death, uncertainty, identity, meaning, morality, isolation, determinism, and freedom. Bringing together leading scholars and investigators, the *Handbook* presents the influential theories and research findings that collectively are helping to define the emerging field of experimental existential psychology.

Psychology - Dodge Fernald 2007-05-16

"Dodge Fernald writes an interesting, easy-to-read book for students. Each perspective covers the historical

underpinnings of psychology, ending with current models and viewpoints as well as comments and critiques of the perspective. That's important and will help the next generation of scholars in psychology to appreciate alternative views. Nice book!"

Joseph R. Ferrari, Ph.D,
Vincent de Paul Distinguished Professor, DePaul University

Addressing six perspectives, this textbook offers the framework for a conceptual understanding of modern psychology. Psychology: Six Perspectives shows students a measure of unity and continuity within this fragmented field by briefly and coherently discussing six primary perspectives that have arisen: biological, psychoanalytical, behavioral, humanistic, cognitive, and evolutionary. Author L. Dodge Fernald provides coherence by presenting these perspectives in successive historical order, offering students a broad, retrospective account of psychology. Key Features Portrays the fundamental

dimensions of this multifaceted field: The similarities and differences among basic concepts, theories, research, and practice of each perspective are examined. Employs both a scientific mode of communication as well as a narrative thread: The real-life narrative of a lonely, stout-hearted social worker unfolds gently throughout the text, illustrating in turn each of the perspectives. Stimulates critical thinking and class discussion: Opportunities for critical evaluation and everyday application provide students with a context for extending their understanding of and investigation into psychology. Intended Audience This core textbook or supplementary text is designed for undergraduate courses in general psychology, ranging from special sections of introductory psychology to the capstone course or senior seminar, including the history and systems of psychology.

Existential Psychology and the Way of the Tao - Mark C. Yang 2017-04-21

In ancient China, a revered Taoist sage named Zhuangzi told many parables. In *Existential Psychology and the Way of the Tao*, a selection of these parables will be featured. Following each parable, an eminent existential psychologist will share a personal and scholarly reflection on the meaning and relevance of the parable for psychotherapy and contemporary life. The major tenets of Zhuangzi's philosophy are featured. Taoist concepts of emptiness, stillness, Wu Wei (i.e. intentional non-intentionality), epistemology, dreams and the nature of reality, character building in the midst of pain, meaning and the centrality of relationships, authenticity, self-care, the freedom that can come from one's willingness to confront death, spiritual freedom, and gradations of therapeutic care are topics highlighted in this book.

Wellbeing, Recovery and Mental Health - Mike Slade
2017-02-01

This book brings together two

bodies of knowledge - wellbeing and recovery. Wellbeing and 'positive' approaches are increasingly influencing many areas of society. Recovery in mental illness has a growing empirical evidence base. For the first time, overlaps and cross-fertilisation opportunities between the two bodies of knowledge are identified. International experts present innovations taking place within the mental health system, which include wellbeing-informed new therapies, e-health approaches and peer-led recovery communities. State-of-the-art applications of wellbeing to the wider community are also described, across education, employment, parenting and city planning. This book will be of interest to anyone connected with the mental health system, especially people using and working in services, and clinical and administrators leaders, and those interested in using research from the mental health system in the wider community.

The Bright Side of Shame -
Claude-Hélène Mayer

2019-04-25

This book provides new ideas on how to work with and constructively transform shame on a theoretical and practical level, and in various socio-cultural contexts and professions. It provides practical guidelines on dealing with shame on the basis of reflection, counselling models, exercises, simulations, specific psychotherapeutic approaches, and auto-didactical learning material, so as to transform shame from a negatively experienced emotion into a mental health resource. The book challenges theorists to adopt an interdisciplinary stance and to think "outside the box." Further, it provides practitioners, such as coaches, counsellors, therapists, trainers and medical personnel, with practical tools for transforming negative experiences and emotions. In brief, the book shows practitioners how to unlock the growth potential of individuals, teams, and organisations, allowing them to

develop constructively and positively.

The Encyclopedia of Positive Psychology - Shane J. Lopez

2011-08-31

Positive psychology, the pursuit of understanding optimal human functioning, is reshaping the scholarly and public views of how we see the science of psychology. The Encyclopedia of Positive Psychology provides a comprehensive and accessible summary of this growing area of scholarship and practice. 288 specially commissioned entries written by 150 leading international researchers, educators, and practitioners in positive psychology covers topics of interest across all social sciences as well as business and industry the most current, extensive, and accessible treatment of the subject available topical primer clarifies basic constructs and processes associated with positive psychology will be useful to students, teachers, practitioners, businesspeople, and policy makers
Positive Psychology in a

Nutshell - Ilona Boniwell 2008
This book offers the latest findings and thinking on topics of happiness, flow, optimism, motivation, character strengths, love and more. It provides a breadth of information about positive psychology with a pinch of critical commentary. The text is written in an accessible and engaging style with light-hearted illustrations.

Pragmatic Existential Counseling and Psychotherapy

- Jerrold Lee Shapiro
2015-10-01

Pragmatic Existential Counseling and Psychotherapy integrates concepts of positive psychology and strengths based therapy into existential therapy. Turning existential therapy on its head, this exciting, all-new title approaches the theory from a positive, rather than the traditional deficit model. Authored by a leading figure in existential therapy, Jerrold Lee Shapiro, the aim is to make existential therapy positive and easily accessible to a wide audience through a pragmatic,

stage wise model. Shapiro expands on the work of Viktor Frankl and focuses on delivery to individuals and groups, men and women, and evidence based therapy. The key to his work is to help the client focus on resistance and to use it as a means of achieving therapeutic breakthroughs. Filled with vignettes and rich case examples, the book is comprehensive, accessible, concrete, pragmatic and very human in connection between author and reader. "This is a masterful primer on existential therapy that has been forged from the pen of a highly seasoned theorist, researcher, and practitioner. In Pragmatic Existential Counseling and Psychotherapy we gain the insight and personal experience of one who has lived and breathed the field for over 50 years—alongside some of the greatest practitioners of the craft, most notably Viktor Frankl. This volume is superb for students interested in a broad and substantive overview of the field." —Kirk Schneider, Columbia

University

**Meaning-centered Group
Psychotherapy for Patients
with Advanced Cancer -**

William S. Breitbart 2014

Meaning-Centered

Psychotherapy (MCP) for advanced cancer patients is a highly effective intervention for advanced cancer patients, developed and tested in randomized controlled trials by Breitbart and colleagues at Memorial Sloan-Kettering Cancer Center. This treatment manual for group therapy provides clinicians in the oncology and palliative care settings a highly effective, brief, structured intervention shown to be effective in helping patients sustain meaning, hope and quality of life.

Meaning in Positive and
Existential Psychology -

Alexander Batthyany

2014-04-26

This book is a first attempt to combine insights from the two perspectives with regard to the question of meaning by examining a collection of theoretical and empirical

works. This volume therefore is destined to become an important addition to psychological literature: both from the viewpoint of the history of ideas (again this would be one of the first times that positive and existentialist psychologies meet) and from the viewpoint of theoretical and empirical research into the meaning concept in psychology.

Man's Search For Meaning -

Viktor E Frankl 2013-12-09

Over 16 million copies sold worldwide 'Every human being should read this book' Simon Sinek One of the outstanding classics to emerge from the Holocaust, Man's Search for Meaning is Viktor Frankl's story of his struggle for survival in Auschwitz and other Nazi concentration camps.

Today, this remarkable tribute to hope offers us an avenue to finding greater meaning and purpose in our own lives.

The Courage to Suffer - Daryl

R. Van Tongeren 2020-03-09

Suffering is an inescapable part of life. Some suffering is so profound, so violating, or so

dogged that it fundamentally changes people in indelible ways. Many existing therapeutic approaches, from a medical model, treat suffering as mental illness and seek a curative solution. However, such approaches often fail to examine the deep questions that suffering elicits (e.g., existential themes of death, isolation, freedom, identity, and meaninglessness) and the far-reaching ways in which suffering affects the lived experience of each individual. In *The Courage to Suffer*, Daryl and Sara Van Tongeren introduce a new therapeutic framework that helps people flourish in the midst of suffering by cultivating meaning. Drawing from scientific research, clinical examples, existential and positive psychology, and their own personal stories of loss and sorrow, Daryl and Sara's integrative model blends the rich depth of existential clinical approaches with the growth focus of strengths-based approaches. Through cutting edge-research and clinical case

examples, they detail five "phases of suffering" and how to work with a client's existential concerns at each phase to develop meaning. They also discuss how current research suggests to build a flourishing life, especially for those who have endured, and are enduring, suffering. Daryl and Sara show how those afflicted with suffering, while acknowledging the reality of their pain, can still choose to live with hope.

Waking Up - Sam Harris

2014-09-09

For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha,

Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

Logotherapy and Existential Analysis - Alexander

Batthyány 2016-04-08

This landmark volume introduces the new series of proceedings from the Viktor Frankl Institute, dedicated to preserving the past, disseminating the present, and anticipating the future of Franklian existential psychology and psychotherapy, i.e. logotherapy and existential analysis. Wide-

ranging contents keep readers abreast of current ideas, findings, and developments in the field while also presenting rarely-seen selections from Frankl's work. Established contributors report on new applications of existential therapies in specific (OCD, cancer, end-of-life issues) and universal (the search for meaning) contexts as well as intriguing possibilities for opening up dialogue with other schools of psychology. And this initial offering establishes the tenor of the series by presenting varied materials across the field, including: Archival and unpublished articles and lectures by Frankl. Peer-reviewed studies on logotherapy process, measures, and research. New case studies using logotherapy and existential analysis in diverse settings. Papers advocating cross-disciplinary collaboration. Philosophical applications of existential psychology. Critical reviews of logotherapy-related books. Volume 1 of *Logotherapy and Existential Analysis* will attract

a wide audience, including psychologists (clinical, social, personality, positive), psychotherapists of different schools, psychiatrists in private practice, and researchers in these fields. Practitioners in counseling, pastoral psychology, coaching, and medical care will also welcome this new source of ideas and inspiration.

The Positive Psychology of Meaning and Spirituality - Paul T. P. Wong 2012-07

Papers and presentations from conferences held by the International Network on Personal Meaning. Articles are included from luminaries such as Howard Gardner, Harold Koenig, Sal Maddi, Jordan Peterson, Donald Meichenbaum, Crystal Park, Paul Wong, Kirk Schneider, and Bernard Weiner. Freshly edited and typeset, this book contains a broad range of essays on meaning and spirituality. *The Positive Psychology of Meaning and Spirituality* contains a number of must-have essays on topics from suffering, death, and

grieving to meaning, spirituality, and virtues.

Existential Humanistic Psychology - Thomas C. Greening 1971

The Psychology of Meaning - Keith Douglas Markman 2013
Explores the multifaceted nature of this highly subjective construct. Contributors to this groundbreaking edited volume examine the phenomenological, empirical, and clinical aspects of people's reactions to the loss of meaning, to uncertainty, and to meaning violations. The book concludes with a scholarly, clinical chapter on how psychotherapy can help restore meaning in one's life.
Average to A+ - Alex Linley 2008

Who wants to be average? Nobody does, and yet few of us know our strengths clearly, or know how to make the most of them. Until now. *Average to A+* is the seminal volume for identifying and maximising our strengths.. Written by an international thought leader in the field, *Average to A+* presents the state of the art

understanding of strengths, including their evolutionary origins and what this means for us in modern times; the golden mean for optimal strengths use; the royal roads to identifying strengths in ourselves and in other people; and how we can make the most of strengths in ourselves, in our children, and at work.

Throughout the book, you will see how using strengths is the smallest thing that makes the biggest difference. Average to A+ introduces the three pillars of responsibility of the strengths approach, demonstrating how the collective use of our strengths enables positive social change to tackle the major social challenges we face today. It speaks to each and every one of us as human beings, and invites us to become the best that we are capable of becoming. Average to A+ represents the cutting edge of the strengths approach, and is the standard bearer for the realisation of human strengths and human possibility.

Existential-humanistic Therapy

- Kirk J. Schneider 2010
History -- Theory -- The
Therapy Process -- Evaluation --
Future developments --
Summary.

**Second Wave Positive
Psychology** - Itai Ivztan
2015-10-23

Positive psychology is currently equated with theory and research on the positive aspects of life. The reality could not be further from the truth. Positive psychology investigates and researches some of the most difficult and painful experiences. **Second Wave Positive Psychology: Embracing the Dark Side of Life** is an innovative and groundbreaking textbook that explores a variety of topics we consider to be part of the 'dark' side of life while emphasising their role in our positive functioning and transformation as human beings. This more nuanced approach to the notions of 'positive' and 'negative' can be described as the 'second wave' of Positive Psychology. Positive Psychology is one of the fastest growing and least understood

branches of psychology. Exploring topics at the heart of Positive Psychology, such as meaning, resilience, human development, mortality, change, suffering, and spirituality, this book engages with so-called 'negative' matters from a Positive Psychology angle, showing how the path of personal development can involve experiences which, while challenging, can lead to growth, insight, healing and transformation. Containing useful resources, case studies, practical exercises and chapter summaries, *Second Wave Positive Psychology* is an essential guide for undergraduate and postgraduate students studying positive psychology, as well as clinicians wanting to know more about the subject. It will also be relevant to the layperson who is interested in positive psychology.

The Oxford Handbook of Hope - Matthew W. Gallagher
2018

Oxford Handbooks offer authoritative and up-to-date

reviews of original research in a particular subject area. Specially commissioned chapters from leading figures in the discipline give critical examinations of the progress and direction of debates, as well as a foundation for future research. Oxford Handbooks provide scholars and graduate students with compelling new perspectives upon a wide range of subjects in the humanities, social sciences, and sciences.
Book jacket.

The Positive Psychology of Meaning and Addiction Recovery - Lilian C. J. Wong
2013-08

This is a rare collection of papers by leading authorities on addiction recovery. The distinguished list of contributors includes Alan Marlatt, George Vaillant, Stanton Peele, Jaak Panksepp, and Scott Tonigan. Although each represents different theoretical perspectives of addiction and recovery, all see recovery as more than mere abstinence. The first half of this book contains addresses from the Fourth International

Meaning Conference, which focused on meaning and addiction. The second half of this volume uniquely focuses on the positive psychology of meaning and spirituality as an answer for addiction. The existential dilemmas of meaninglessness, boredom, and anxieties often trigger cravings for substance abuse. Geoffrey Thompson and Paul T. P. Wong articulate that only a personally meaningful life is powerful enough to overcome addictive cravings and satisfy the deep-seated human yearnings for happiness and meaning. Ken Hart connects the spiritual underpinnings of Alcoholics Anonymous to the New Thought movement and transpersonal psychology. This edited volume offers practical resources not only for addiction counselors and treatment centers, but also for college and university professors who teach addiction studies. Instead of focusing on coping skills and cognitive-behavioral strategies, a holistic approach emphasizes fulfilling the human needs for well-

being, meaningful living, and self-transcendence. "This book is transformative, renewing a sense of aliveness and community from the deadness of addiction." -Brent Potter, PhD, author, *Elements of Self-Destruction* "This bracing volume offers an open-minded and open-hearted exploration of many key issues touching addiction and its treatment, from grief and loss to meaning and spirituality. It ranges far beyond the narrow and limiting confines of the usual reductionist perspectives." -Gabor Mate, MD, author, *In The Realm of Hungry Ghosts: Close Encounters With Addiction* "Perhaps one of the most important additions in years in the literature on the intersection between existential and positive psychology, and its application for substance abuse disorders." -Alexander Batthyany, PhD, International Academy of Philosophy in the Principality of Liechtenstein; University of Vienna; Director, Viktor Frankl Institute, Austria; principal editor, *Collected Works of*

Viktor Frankl (14 volumes)."
Clarifying and Furthering
Existential Psychotherapy -
Stefan E. Schulenberg
2016-09-23

This exciting volume brings together leading figures across existential psychology in a clear-sighted guide to its current practice and therapeutic possibilities. Its accessible yet scholarly presentation dispels common myths about existential psychotherapy while demonstrating core methods and innovative techniques as compatible with the range of clinicians' theoretical orientations and practical approaches. Chapters review the evidence for its therapeutic value, and provide updates on education, training, and research efforts in the field, both in the US and abroad. Throughout, existential psychotherapy emerges as a vital, flexible, and empirically sound modality in keeping with the current—and future—promotion of psychological well-being. Highlights of the coverage

include: Emotion, relationship, and meaning as core existential practice: evidence-based foundations. · Meaning-centered psychotherapy: a Socratic clinical practice. Experience processing as an aspect of existential psychotherapy: life enhancement methodology. Structural Existential Analysis (SEA): a phenomenological method for therapeutic work. Experiencing change: an existential perspective. Creating the World Congress for existential therapy. Clarifying and Furthering Existential Psychotherapy will spark discussion and debate among students, therapists, researchers, and practitioners in existential psychology, existential psychotherapy, and allied fields as well as the interested public. It makes a suitable text for graduate courses in existential therapy, psychological theories, and related subjects.
The Human Quest for Meaning
- Paul T. P. Wong 2013-06-19
The first edition of *The Human Quest for Meaning* was a major

publication on the empirical research of meaning in life and its vital role in well-being, resilience, and psychotherapy. This new edition continues that quest and seeks to answer the questions, what is the meaning of life? How do we explain what constitutes meaningful relationships, work, and living? The answers, as the eminent scholars and practitioners who contributed to this text find, are neither simple nor straightforward. While seeking to clarify subjective vs. objective meaning in 21 new and 7 revised chapters, the authors also address the differences in cultural contexts, and identify 8 different sources of meaning, as well as at least 6 different stages in the process of the search for meaning. They also address different perspectives, including positive psychology, self-determination, integrative, narrative, and relational perspectives, to ensure that readers obtain the most thorough information possible. Mental health practitioners will find the numerous meaning-

centered interventions, such as the PURE and ABCDE methods, highly useful in their own work with facilitating healing and personal growth in their clients. The Human Quest for Meaning represents a bold new vision for the future of meaning-oriented research and applications. No one seeking to truly understand the human condition should be without it. *Clinical Perspectives on Meaning* - Pninit Russo-Netzer 2016-12-30

"Clinical Perspectives on Meaning: Positive and Existential Psychotherapy . . . is an outstanding collection of new contributions that build thoughtfully on the past, while at the same time, take the uniquely human capacity for meaning-making to important new places." - From the preface by Carol D. Ryff and Chiara Ruini This unique theory-to-practice volume presents far-reaching advances in positive and existential therapy, with emphasis on meaning-making as central to coping and resilience, growth and positive change. Innovative

meaning-based strategies are presented with clients facing medical and mental health challenges such as spinal cord injury, depression, and cancer. Diverse populations and settings are considered, including substance abuse, disasters, group therapy, and at-risk youth. Contributors demonstrate the versatility and effectiveness of meaning-making interventions by addressing novel findings in this rapidly growing and promising area. By providing broad international and interdisciplinary perspectives, it enhances empirical findings and offers valuable practical insights. Such a diverse and varied examination of meaning encourages the reader to integrate his or her thoughts from both existential and positive psychology perspectives, as well as from clinical and empirical approaches, and guides the theoretical convergence to a unique point of understanding and appreciation for the value of meaning and its pursuit. Included in the coverage: · The

proper aim of therapy: Subjective well-being, objective goodness, or a meaningful life? · Character strengths and mindfulness as core pathways to meaning in life · The significance of meaning to conceptualizations of resilience and posttraumatic growth · Practices of meaning-making interventions: A comprehensive matrix · Working with meaning in life in chronic or life-threatening disease · Strategies for cultivating purpose among adolescents in clinical settings · Integrative meaning therapy: From logotherapy to existential positive interventions · Multiculturalism and meaning in existential and positive psychology · Nostalgia as an existential intervention: Using the past to secure meaning in the present and the future · The spiritual dimension of meaning Clinical Perspectives on Meaning redefines these core healing objectives for researchers, students, caregivers, and practitioners from the fields of existential psychology, logotherapy, and

positive psychology, as well as for the interested public.

A Second-Wave Positive Psychology in Counselling Psychology - Paul T. P. Wong
2023-03-31

This book on the new paradigm of existential positive psychology (PP2.0) or second-wave positive psychology focusses on the importance of transcending or transforming negative experiences and emotions to achieve durable flourishing. The book offers exciting new concepts and skills in the practice of counselling psychology.

Positive psychology is evolving due to changing times and circumstances. PP2.0 opens new vistas for research and interventions in counselling psychology and positive psychology. Instead of relying only on the positives, it posits the importance of navigating an optimal balance between positives and negatives in each context. It emphasizes the importance of inner peace, balance, and harmony rather than the pursuit of happiness or positive emotions. More

importantly, PP2.0 is based on meeting the basic human needs for 1) the need to be liberated from the suffering and human bondage, 2) the hope of achieving a meaningful future, 3) the need to relate to others in a compassionate and authentic way so that people can experience genuine kindness and love, and 4) the deep-seated spiritual need for a sense of oneness with a Higher Power or nature. This volume explores ways to help individuals to be liberated from their inherent limitations and, at the same time, empower them to achieve their highest aspirations. With an updated Introduction, this book is the ideal companion for any student or practitioner looking for an insightful overview of positive psychology including humanistic psychology, existential positive psychology as well as counselling psychology. The chapters in this book were originally published as a special issue of *Counselling Psychology Quarterly*.

The Experience of Meaning in

Life - Joshua A. Hicks
2013-05-27

This book offers an in-depth exploration of the burgeoning field of meaning in life in the psychological sciences, covering conceptual and methodological issues, core psychological mechanisms, environmental, cognitive and personality variables and more.

Meaning, Mortality, and Choice
- Phillip R. Shaver 2012

Theorists examine the nature of universal themes such as the importance of personal choice and human autonomy in an arbitrary world, and the vital roles of parenthood and religion in providing solace against the threat of meaninglessness.

A Primer in Positive Psychology - Christopher Peterson 2006-07-27

Positive psychology is the scientific study of what goes right in life, from birth to death and at all stops in between. It is a newly-christened approach within psychology that takes seriously the examination of that which makes life most worth living. Everyone's life

has peaks and valleys, and positive psychology does not deny the valleys. Its signature premise is more nuanced, but nonetheless important: what is good about life is as genuine as what is bad and, therefore, deserves equal attention from psychologists. Positive psychology as an explicit perspective has existed only since 1998, but enough relevant theory and research now exist to fill a textbook suitable for a semester-long college course. A Primer in Positive Psychology is thoroughly grounded in scientific research and covers major topics of concern to the field: positive experiences such as pleasure and flow; positive traits such as character strengths, values, and talents; and the social institutions that enable these subjects as well as what recent research might contribute to this knowledge. Every chapter contains exercises that illustrate positive psychology, a glossary, suggestions of articles and books for further reading, and lists of films, websites, and

popular songs that embody chapter themes. A comprehensive overview of positive psychology by one of the acknowledged leaders in the field, this textbook provides students with a thorough introduction to an important area of psychology.

Invitation to Existential Psychology - Bo Jacobsen 2007

Existential psychology examines how people deal with the biggest issues - such as finding meaning in life and facing death. It deals with many of the same problems as psychoanalysis and analytical psychology, but emphasises the view that one can understand the life of another by listening to their way of seeing existence and opening up their 'phenomenal world'. As a therapeutic approach it is recognised by the British Psychological Society and taught on a number of courses. This introductory text discusses all the main contemporary theories of existential psychology, and illustrates them with case examples. Practical

implications for clinical work are considered, and comparisons with other approaches such as humanistic psychotherapy are made throughout.

Pragmatic Existential Counseling and Psychotherapy

- Jerrold Lee Shapiro
2015-10-01

Pragmatic Existential Counseling and Psychotherapy integrates concepts of positive psychology and strengths based therapy into existential therapy. Turning existential therapy on its head, this exciting, all-new title approaches the theory from a positive, rather than the traditional deficit model.

Authored by a leading figure in existential therapy, Jerrold Lee Shapiro, the aim is to make existential therapy positive and easily accessible to a wide audience through a pragmatic, stage wise model. Shapiro expands on the work of Viktor Frankl and focuses on delivery to individuals and groups, men and women, and evidence based therapy. The key to his work is to help the client focus

on resistance and to use it as a means of achieving therapeutic breakthroughs. Filled with vignettes and rich case examples, the book is comprehensive, accessible, concrete, pragmatic and very human in connection between author and reader. "This is a masterful primer on existential therapy that has been forged from the pen of a highly seasoned theorist, researcher, and practitioner. In *Pragmatic Existential Counseling and Psychotherapy* we gain the insight and personal experience of one who has lived and breathed the field for over 50 years—alongside some of the greatest practitioners of the craft, most notably Viktor Frankl. This volume is superb for students interested in a broad and substantive overview of the field." —Kirk Schneider, Columbia University

Meanings of Life - Roy F. Baumeister 1991-01-01
Who among us has not at some point asked, what is the meaning of life? In this extraordinary book, an eminent

social scientist looks at the big picture and explores what empirical studies from diverse fields tell us about the human condition. *MEANINGS OF LIFE* draws together evidence from psychology, history, anthropology, and sociology, integrating copious research findings into a clear and conclusive discussion of how people attempt to make sense of their lives. In a lively and accessible style, emphasizing facts over theories, Baumeister explores why people desire meaning in their lives, how these meanings function, what forms they take, and what happens when life loses meaning. It is the most comprehensive examination of the topic to date.

An Introduction to Existential Coaching - Yannick Jacob 2019-03-13
In *An Introduction to Existential Coaching* Yannick Jacob provides an accessible and practical overview of existential thought and its value for coaches and clients. Jacob begins with an introduction to coaching as a

powerful tool for change, growth, understanding and transformation before exploring existential philosophy and how it may be integrated into coaching practice. The book goes on to examine key themes in existentialism and how they show up in the coaching space, including practical models as well as their application to organisations and leadership. Jacob concludes by evaluating ethical dimensions of working existentially and offers guidance on how to establish an existential coaching practice, including how to gain clients and build relationships with strategic partners. With reflective questions, exercises, interventions and activities throughout, *An Introduction to Existential Coaching* will be invaluable for anyone wanting to live and work at greater depth or to succeed as an existential coach. Accessibly written and with a wide selection of references and resources, *An Introduction to Existential Coaching* is a vital guide for coaches in training as

well as an inspiring addition to the repertoire of experienced practitioners. It serves academics and students to understand existential philosophy and allows professionals with coaching responsibilities to access more meaningful conversations.

The Psychology of Meaning in Life - Tatjana Schnell
2020-07-09

This book offers an inspiring exploration of current findings from the psychology of meaning in life, analysing cutting-edge research to propose practical, evidence-based applications. Schnell draws on psychological, philosophical and cognitive perspectives to explore basic concepts of meaning and introduce a multidimensional model of meaning in life. Written in an accessible style, this book covers a range of topics including the distinction between meaning and happiness, the impact of meaning on health and longevity, meaning in the workplace, and meaning-centred interventions. Each

chapter ends with exercises to encourage self-reflection and measurement tools are presented throughout, including the author's original Sources of Meaning and Meaning in Life Questionnaire (SoMe), to inspire the reader to consider the role of meaning in their own life. The Psychology of Meaning in Life is essential reading for students and practitioners of psychology, sociology, counselling, coaching and related disciplines, and for general readers interested in exploring the role of meaning in life.

The Human Quest for Meaning
- Paul T. P. Wong 1998

Does life have real meaning? Is it worth living? How can one make sense of suffering, illness, and death? Through the ages, philosophers, clergy, and laypeople alike have grappled with such existential concerns. Some have taken the position that deep questions about meaning are unanswerable, that ideally one should take life as it comes. Recent studies have shown, however, that the way in which individuals

address existential concerns has profound implications for their mental and physical well-being. We are symbol-making creatures. The quest for meaning is now regarded by many as a universal human motive--as fundamental as our need for food and water. One of the tenets of several new therapies is that an existential vacuum lies at the heart of neurosis and depression. Empirical research has clearly demonstrated that a strong sense of personal meaning is associated with life satisfaction. From a lifespan perspective, the struggle to construe meaning is a never-ending task; its effectiveness seems to predict much about personality development and successful aging. The mediating role of personal meaning in coping with stress has also received increasing attention. No matter how hopeless the situation and how devastating the pain, we are more likely to survive if we cling to the belief that life has some purpose. In this volume, leading representatives of

trends converging from different fields examine the complex processes of meaning seeking, and offer the first authoritative review of the central role of personal meaning in human life and its implications for clinical practice. Brimming with new ideas for research and intervention, *The Human Quest for Meaning* will be an important resource for all those professionally concerned with mental and physical health.

[Existential and Spiritual Issues in Death Attitudes](#) - Adrian Tomer 2013-05-13

In this new volume, death is treated both as a threat to meaning and as an opportunity to create meaning.

Cultural-Existential Psychology - Daniel Sullivan 2016-04-07

Cultural psychology and experimental existential psychology are two of the fastest-growing movements in social psychology. In this book, Daniel Sullivan combines both perspectives to present a groundbreaking analysis of

culture's role in shaping the psychology of threat experience. The first part of the book presents a new theoretical framework guided by three central principles: that humans are in a unique existential situation because we possess symbolic consciousness and culture; that culture provides psychological protection against threatening experiences, but also helps to create them; and that interdisciplinary methods are vital to understanding the link between culture and threat. In the second part of the book, Sullivan presents a novel program of research guided by these principles. Focusing on a case study of a traditionalist group of Mennonites in the midwestern United States, Sullivan examines the relationship between religion, community, guilt, anxiety, and the experience of natural disaster.

[The Oxford Handbook of Happiness](#) - Susan A. David 2014

A text for researchers and practitioners interested in

human happiness. Its editors and chapter contributors are world leaders in the investigation of happiness across the fields of psychology, education, philosophy, social policy and economics.

Existential Authenticity -

Jonathan Davidov 2022-12-21

This book draws on existential theory and original research to present the conceptual framework for an understanding of existential authenticity and demonstrates how this approach might be

adopted in practice. The authors explore how a non-mediated connection with authentic lived experience might be established and introduced into everyday living. Drs. Jonathan Davidov and Pninit Russo-Netzer begin by introducing readers to the core theoretical concepts before illustrating how this might be applied in a therapeutic practice. It appeals to scholars and practitioners with an interest in existential psychology, phenomenology, and their broad implications.