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~~Aehology--The Academy of Modern Applied Psychology--~~ He is also the co-author of Psychology Applied to Modern Life (Wadsworth, 2006) and the creator of an educational CD-ROM titled PsykTrek: A Multimedia Introduction to Psychology. Margaret A. Lloyd received her B.A. from the University of Denver and her M.A. and Ph.D. in psychology from the University of Arizona.

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Filled with comprehensive, balanced coverage of classic and contemporary research, relevant examples, and engaging applications, this text shows you how psychology helps you understand yourself and the complex social world around you. It also uses psychological principles to illuminate the variety of opportunities you have in your life and your future career. While professors cite this bestselling book for its academic credibility and the authors' ability to stay current with "hot topics," students say it's one text they just don't want to stop reading. The text and associated workbook are highly readable, engaging, and visually appealing, providing you with a wealth of material you can put to use every day. Also available: the MindTap online learning experience, featuring an eBook, activities that engage you in thinking about common misconceptions about psychology, animations that introduce key concepts, cool apps (including a text-to-speech reader), and more.

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Instructors - Electronic inspection copies are available or contact your local sales representative for an inspection copy of the print version. " If you think you know what positive psychology is, think again! This book offers a new integrative vision for making life better that takes in the body and the brain, culture and society, childhood and development... A must read for students. " - Stephen Joseph, University of Nottingham "Captures the best of the positive psychology initiative, and most importantly, translates it to practice. The authors bring remarkable depth and breadth to the subject matter and do so in a way that is fresh, engaging, relevant, and unusually thoughtful." - Carol Ryff, University of Wisconsin-Madison "If you want to understand what positive psychology really is, learn how it works in practice and discover its huge potential to transform our lives and our world then look no further than this superb book. I really can't recommend it highly enough." - Mark Williamson, Director of Action for Happiness This exciting new textbook, written by leading academics in the UK, offers the very first authored title on applied positive psychology for university courses. Consisting of the latest cutting-edge theory and research in the subject and structured around a pioneering multidimensional model of wellbeing, this book will provide you with the knowledge and tools to apply positive psychology in many areas of life. These include interventions aimed at developing mental and physical functioning, to recommendations for enhancing relationships and reshaping organisational structures. The book shows how these practices can be successfully deployed in diverse real-world settings, from the classroom to the workplace. Key features include: Learning objectives set out at the start of each chapter Practice essay questions throughout and quizzes to test your knowledge at the end of each chapter Useful measurement tools and recommendations for research Summary boxes and suggested further reading and resources Case studies and " Reflection " boxes that invite you to explore topics in greater depth and relate findings to your everyday life. This book will be essential reading for all students with an interest in or studying a course in applied positive psychology, and is strongly recommended to students taking a wider course in positive psychology and the psychology of happiness and wellbeing.

The peculiarly ambiguous character of applied psychology at the present time makes it appropriate to preface this book with an explicit statement of its purpose. The current development of the subject shows two widely divergent tendencies. The field covered by the subject is already large and is expanding rapidly, hence it has seemed best to limit the contents of the book to fundamental principles and the significant results attained in the three divisions of the field which have been most thoroughly explored, namely education, psychotherapy, and the psychology of industry, together with numerous illustrations drawn from other departments. The critical statement of principles is the most important part of the book, since it is by its misunderstanding of these that popular applied psychology usually goes astray. Throughout I have tried to keep the exposition as close as possible to common experience. Here psychology often succeeds only in giving precise form to what wise persons have long known, or reasons for what they have always done; but it is none the less desirable to have such exactitude and rationality scientifically established. This is perfectly genuine "applied psychology," though the fact is sometimes obscured in the atmosphere of experimental investigation. (PsycINFO Database Record (c) 2005 APA, all rights reserved).

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