

"My friend, Chris Peterson, would have loved this book. It brings to life with personal stories, practical recommendations, wisdom, and humor the dry scholarship that he (with an assist from me) did in *Character Strengths and Virtues*. Chris was very down-to-earth and I am sure he would have concurred in my enthusiastically recommending this book to everyone who works with character strengths in the real world."

- Martin E. P. Seligman, author of *Authentic Happiness* and *Flourish*

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at the University of Pennsylvania



CHARACTER STRENGTHS **MATTER**

HOW **TO LIVE** A FULL LIFE

Positive Psychology News series

EDITED BY **SHANNON POLLY, MAPP** & **KATHRYN BRITTON, MAPP**

Shannon Polly

Character Strengths Matter: How to Live a Full Life (Positive Psychology News)



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A solid, innovative, inspiring, helpful, and practical book. Great read and help Very helpful, a good primer on personality strengths.. Personality Strengths Matter: How to Live a Full Life, edited by Kathryn Britton and Shannon Polly, is merely such a book. Personality Strengths Matter explores strengths: those things we do very well and that energize us. The book is organized into two parts: Part One is Exploring Strengths, and Component Two is Taking Action. It has opened up conversations with my young adult children. I've done the online VIA Survey and I'm very interested in purchasing the book, nevertheless, when I checked the Table of Contents, I haven't seen this power. We need to utilize this book atlanta divorce attorneys school Excellent book. While a fascinating read, it neither explains personality strengths nor provides assistance on how best to develop them. I also created my own strengths further. And if you're already acquainted with positive psychology, the book is equally useful. Initial, each strength comes with five actions we are able to take to build a strength. Highly readable and helpful book. Second, each power is accompanied by a passage to become read aloud to greatly help develop that power. Like any collection of writing by several contributors, the style and focus of every entry vary, sometimes in a manner that can be a little bit disorienting. So after learning about each strength, we get to live that strength. Following the composing about integrity, for instance, is a powerful speech by Chief Seated Bull. It experienced transformative to read aloud lines like "It doesn't interest me everything you do for a living. I wish to know very well what you ache for...It doesn't curiosity me how much cash you make. I would like to know in case you have touched the center of your soul. All 24 personality strengths are presented at length, giving you an excellent knowledge of what each one means and how exactly to develop it. I have already applied a few of its teachings and believe me, it works. After all, this was written by life coaches/MAPP so. Next comes after a uniquely helpful exercise to read aloud a short passage from somebody like Shakespeare or Lincoln that reinforces advancement of the character strength." That process is enlightening and empowering, as is this book. The authors motivate us to do something "as if" we've a strength you want to develop.G.But this publication doesn't have to be perfect to become useful. It just needs to be strong. This highly readable and focused, 230-page book succinctly covers a significant subject – character strengths and how exactly to further develop them. I would recommend it highly for anybody wanting to develop a full existence and thrive. Wish I possibly could apply it better I wanted to LOVE it, I really did but today's children need hands on, dev appropriate jobs to learn these things. Actually I couldn't find anything closer to personality strengths centered children's curriculum than this. Engaging and filled with very practical and insightful work - great for coaches!R.) as well as perhaps there is absolutely no workbook/curriculum that could possibly help others to digest the materials and deeply incorporate it OTHER than getting a life coach. Chris Peterson helped develop strengths scholarship and the VIA evaluation.This book is quite different from the recent NY Times bestseller The Road to Character...i'm curious how they flesh out this material and walk it out with clients (as therapists may possibly be as well busy to invest the energy into making it more hands on).This is an important work and contribution but instead heady I imagine for some peeps in the field Enlightening and empowering If you are interested in "how to live a full life" and know nothing about positive psychology, this book is a wonderful introduction. This tells a reader that this book is really worth their time and money!This book includes two sections for each strength that encourage us to do this."Section Two explores cultivating strengths running a business, taking strengths on holidays, and other interesting methods to discovering and developing strengths for several populations such as young children. You'll find out how the concept of character strengths and their identification came into being, giving you a feeling of

the intellectual and scientific grounding of positive psychology. The collection of essays presents a thought-provoking and engaging variety of perspectives and the exercises, reflections, and insights are invaluable. I assure you'll end up acquiring the VIA survey to discover which of the 24 character strengths described here are your "signature strengths. No. These practical recommendations by Tayyab Rashid are excellent. In fact it is very, quite strong. 24 character strengths are explained, including such features as: bravery, imagination, curiosity, forgiveness, wish, kindness, persistence and zest. A specialist explains each strength and, uniformly, the explanations hit the heart of the problem squarely and obviously but without jargon or clichés. Each explanation is followed by a one-page, step-by-step set of actions to greatly help develop the precise strength. Is this publication perfect? That reserve is well written but takes the approach of providing brief biographies of eminent historic figures of high personality such as Generals Eisenhower and Marshall.) Despite devoting extensive time to learning how exactly to discover, develop, and apply strengths, and teaching the same to numerous companies, I learned a lot reading this book. Personality Strengths Matter may be browse in sections based on the character strengths one finds of curiosity. It is a book you can go back again to over and over. But I recommend it to anyone I purchased this as students in the Functional Medication Coaching Academy. But actually that's encouraging, because I observe that, easily point that strong strength in a more positive direction I (and my family and close friends) will reap strong rewards. The strengths explored listed below are from the VIA Character Strengths Evaluation, a research-based tool obtainable free on-line. Enjoyed the tales of various authors concerning they experience their strengths I simply have a question, will there be a category . We are so frequently blind to the strengths we have. And I have seen where some of my strengths are overused and I have to back again off. But I recommend it to anyone. Im in public work and use kids. The beauty of the book is it makes it easy to immediately help clients (or yourself) practice the behaviors that support development of your character strengths. You'll learn a character strength could be overused, an insight I found particularly useful. Medallion Honoree.0 in my own workshop Truly Tapping Your Strengths: AND THE ONES of Your Team but the VIA assessment is also superb and useful at the job. Discover out which are your first five and less utilized. I couldn't end reading it from web page one. Proceeds from the book benefit the Christopher Peterson Memorial Fellowship at the University of Pennsylvania; Character strengths matter! It really is so easy to read. They are all key to live a great life and to help others end up being the best they can be. What's even better than an inspiring, innovative, and useful reserve that assists us thrive? It is great in order to motivate others, that they do have and make use of strengths. One which also supports an excellent cause. It offers you a description of each strength, a tale to illustrate it, some activities you can take to develop the strength, and a piece to go through aloud to help us embody the power. I just have a question, is there a category for the power called Judgment? (I use the more business-focused StrengthsFinder 2. Very nice resource on VIA character strengths Very well-structured book about character strengths.. Very coach-like and useful. B. This info does NOT easily translate to working with teens or children (it's more personal dev.A.G. Medallion Honoree We are proud to announce that CHARACTER STRENGTHS MATTER by Shannon Polly & Kathryn Britton can be a B.R.A. I also would have found it useful to have more information regarding each writer, and links to learn more about them. An ideal companion to the VIA Personality Strengths Study, or any strengths-based development tool. It's created in a clear, straightforward way and is certainly pleasurable to read.



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