



# Optimal Functioning: A Positive Psychology Handbook

*By Jessica Colman*

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## **Optimal Functioning: A Positive Psychology Handbook** By Jessica Colman

The Optimal Functioning handbook consists of a series of concise chapters on topics relating to well-being, happiness, and personal success. It is written for the use of individuals, coaches, educators, and other professionals interested in applying positive psychology to enhance well-being. The handbook provides straightforward summaries of key positive psychology research findings, interventions, themes, and areas of study. It also includes actionable suggestions for applying the empirical findings in one's life. The handbook was written with the intention of increasing the availability of positive psychology's knowledge and tools for the general population, so that they can be applied to help individuals, organizations, and societies flourish. The Second Edition contains new chapters on Well-being Theory, Coaching, and Appreciative Inquiry.

Optimal Functioning includes a foreword written by Daniel S. Bowling, III, JD, MAPP. Dan is a lecturer at the University of Pennsylvania's Master of Applied Positive Psychology program, and a Senior Lecturing Fellow at Duke University School of Law, where he teaches labor and employment law. In addition to his academic positions, he serves as Managing Principal at Positive Workplace Solutions, LLC.

### Chapter Headings:

Foreword by Daniel S. Bowling, III

Introduction to Positive Psychology

Well-being Theory

Character Strengths and Values in Action (VIA)

Positive Emotions, Negative Emotions, and "Negativity Bias"

Flow

Goal-Setting

Motivation

Self-Regulation

Altruism and Giving

Gratitude

Savoring

Hope

Active Constructive Responding

Excess Choice  
Coaching  
Appreciative Inquiry  
Resilience  
Conclusion  
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