



Positive Psychology at the Movies: Using Films to Build Virtues and Character Strengths

Ryan M. Niemiec, Danny Wedding

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Now with dozens of evocative movie images to help discuss key points

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- o Positive Relationships
- o Mindfulness and Resilience
- o Achievement, Meaning, Engagement, and Positive Emotions

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New exemplars include Edward in the Twilight series (self-regulation); Robert Downey, Jr.'s Sherlock Holmes (exceptional judgment/critical thinking); Lisbeth Salander in The Girl with the Dragon Tattoo (prudence); The Artist (zest); and dozens more

New appendices listing "Positive Psychology Movies for Children, Adolescents, and Families"; "Movies of the Year" for recent years; and "Positive Psychology Short Films"

More extensive commentary on research and practice for each of the 24 character strengths, now with over 800 scholarly references

Updated charts, references, practitioner resources, and more!

Movies are a powerful and enjoyable medium for learning. This book shows exactly how to use film to learn about the concepts and the real-life benefits of positive psychology, both for self-improvement and in classes or seminars.

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