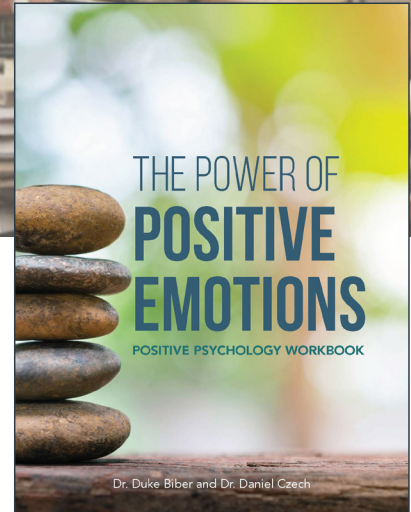


The Power of Positive Emotions

The Power Of Positive Emotions is a positive psychology workbook designed to instill emotional awareness while cultivating positive emotional expression. Authors Dr. Duke Biber and Dr. Daniel Czech discuss a wide variety of positive emotions, as well as potential benefits from emotional expression. Techniques to become aware of and activate such expression are introduced, as well as how these emotions relate to the Broaden and Build Model.



Authors:

Dr. Duke Biber and Dr. Daniel Czech

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Make learning efficient. Enable students to be more successful with our active learning approach to course and content design.

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The Power Of
Positive Emotions

MODULES

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GRIT

MINDFULNESS

SELF-COMPASSION

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