



Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients

By Robert Biswas-Diener, Ben Dean

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Positive psychology moves psychology from a medical model toward a strengths model to help clients shore up their strengths and thereby lead happier, more fulfilling lives. *Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients* provides concrete language and interventions for integrating positive psychology techniques into any mental health practice.

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Editorial Review

Review

"This is definitely a book I would keep" (*Human Resources*, March 2008)

"...it contains some interesting ideas which challenge standard psychoanalytic theory..." (*Journal of Analytical Psychology*, 2008)

"...designed to teach how to put [positive psychology]...into practice and empower others to set and meet their personal goals" (*Human Givens*, Vol. 15, #1)

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"Reading it was like getting that introduction from two very helpful, enthusiastic and knowledgeable friends." (*People Management*, Thursday 12th July 2007)

"...designed to help you learn how to put positive psychology into practice..." (*Personnel Today*, September 2007)

"This book is packed with erudite and reputable references." (*Training & Coaching Today*, October 2007)

From the Back Cover

Finding the best in people and inspiring them to focus on their strengths and live out their potential is one of the fundamental principles behind positive psychology. Written by respected researcher Robert Biswas-Diener and renowned coach Ben Dean—both established experts in positive psychology—*Positive Psychology Coaching* is an accessible new guide designed to help you learn how to put positive psychology into practice to motivate, manage, and empower others to set and meet their personal goals, and to live happier, more meaningful lives.

This empirically based book draws on the science and relevant psychological research behind positive psychology and teaches you how to assess, develop, and utilize clients' individual character strengths. Part One presents a foundation of positive psychology coaching: the definition, cultivation, maintenance, and benefits of happiness. Part two covers an additional pillar of positive psychology—the development and use of character strengths and virtues. Finally, Part Three applies positive psychology to the workplace, and discusses ways to use positive psychology to build your practice.

With the authors invaluable firsthand experiences informing the practical advice and wisdom within its pages, *Positive Psychology Coaching* is a visionary work that guides both the new and seasoned professional in helping clients lead happier, goal-oriented, and ultimately more fulfilling lives.

About the Author

Robert Biswas-Diener, MS, holds a master's degree in clinical psychology from Pacific University and in 2005, founded Meridian Life Coaching, LC, to provide life coaching services to a wide range of academics

and professionals, He is known as the "Indiana Jones of Positive psychology," with his studies taking him to such far-flung destinations as Greenland, Spain, Kenya, Israel, and India, where he has worked with remote groups of people traditionally overlooked by researchers.

Ben Dean, PhD, MCC, is one of the most influential figures in the world of coaching. In 1997 he founded MentorCoach LLC, the first coach training school exclusively focused on training mental health professionals, which has trained thousands of clinicians and other mental health professionals throughout North America, Europe, and Australia. He also publishes several widely read e-newsletters, including *Coaching Toward Happiness*, *Therapist as Coach*, and *eCoach*.

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Thomas Hill:

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