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Identity & Positive Psychology

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Introduction

Positivity and optimism in life is important. An optimistic attitude towards life releases positive forces and energies. An optimist breathes positivity and exhales the healthy vibrations from his/her surroundings. Such an empiricist philosophy is Positive Psychology.

Psychology is a branch of Philosophy for healing mental disorder. Positive Psychology is of immense help where an empirical study of human behavior and attributes of human conducts have been given a fresh approach.

Mystic Identity E-Book on Positive psychology tells you the importance of positivity in ones thinking and intelligence.

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The Concept of Positive Psychology

All these years the scope of psychology was restricted to the treatment of the mental illness. But over the years with the culminating empirical research of many scholars, including the milestone research of Martin Seligman and Mihaly Csikszentmihalyi, the concept of Positive Psychology finally took its shape in the year 2000. Since then, positive Well-Being has gained its due importance in the fields of medicine, spirituality, arts, entertainment, technology and many.

Positive psychology says that to live a disease free life is not the sole purpose of living. Various aesthetic and inventive pursuits also have to play their due role for a more fulfilling life.

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How Positive Psychology works?

Positive psychology not only focuses on the significance of optimism in people and life. But at the same time it takes into account the negative and neutral participation of one's cognizance. Positive psychology is a well researched branch of psychology.

Hence, the science of positive psychology should not be confused with any non-evidential field of motivational or self-help study

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Afterwords

Psychology of the Positive Well-Being believes that happiness can be taught. This branch of psychology focuses on building human relations with virtues extending to moral excellence. Positive Psychology emphasizes on the importance of mindfulness, composure, spirituality, self- effectiveness.

In personal zone Positive Psychology helps in working on strengthening social relationships, instilling optimism and positive life force.

While in the professional zone Positive psychology has triggered Corporate Social Responsibility towards building employer-employee relationships and other aesthetic working conditions.

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Author's Box:

Post your comments and your experiences on the 'Identity and Positive Psychology' at Mystic Identity Forum on Mystic Board.

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