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Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life

Barbara Fredrickson

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Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life Barbara Fredrickson
World renowned researcher Dr. Barbara Fredrickson gives you the lab-tested tools necessary to create a healthier, more
vibrant, and flourishing life through a process she calls "the upward spiral." You'll discover:

•What positivity is, and why it needs to be heartfelt to be effective
• The ten sometimes surprising forms of positivity
• Why positivity is more important than happiness
• How positivity can enhance relationships, work, and health, and how it relieves depression, broadens minds, and builds lives
• The top-notch research that backs the 3-to-1 "positivity ratio" as a key tipping point
• That your own sources of positivity are unique and how to tap into them
• How to calculate your current positivity ratio, track it, and improve it

With *Positivity*, you'll learn to see new possibilities, bounce back from setbacks, connect with others, and become the best version of yourself.

From the Hardcover edition.

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