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Finding Your Path: A guide to life and happiness after school

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While traditional psychology focuses on our weaknesses, positive psychology focuses on our strengths, cultivating our best selves so we can lead meaningful and fulfilling lives. This is the science of happiness. The book has been reviewed and endorsed by many well known members of the international positive psychology community.
Australian author, Amba Brown holds a Psychology Degree with Honours in Positive Psychology. She is currently a member of the 'International Positive Psychology Association' and is passionate about alleviating youth anxieties. Amba is from Sydney, Australia and has also lived in Asia and America. Wherever she is, she always carries with her the goal of implementing the science of happiness with her motto ***"Helping students become healthy, happy and fulfilled."***
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