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Positive psychology is the scientific study of the "good life", or the positive aspects of the human experience that make life worth living. The discipline of positive psychology focuses on both individual and societal well-being. Positive psychology began as a new domain of psychology in 1998 when Martin Seligman chose it as the theme

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for his term as president of the American Psychological ...

Positive psychology - Wikipedia

A positive psychologist or therapist who practices positive psychology techniques will likely focus on this principle more than most therapists, but all relationship therapy will work on this to some extent. Every relationship has its strengths and weaknesses, and while much of therapy will be focused on the weaknesses, effective therapy also ...

Relationship Therapy: Enhancing Your Romantic Relationships

A Primer in Positive Psychology by Christopher Peterson (late, formerly of U. of Mich.). It feels like very, very good undergrad university textbook (because that's what it is) but a very good, straight forward introduction to the topic. Very accessible, with lots of real world connections.

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