



# Activities for Teaching Positive Psychology: A Guide for Instructors

*Jeffrey J. Froh*

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Positive psychology is a rapidly expanding area of study that is of great interest to students at the graduate, undergraduate, and high school levels. But the field is so broad that teachers who want to cover all the bases when designing a positive psychology course may have difficulty locating and selecting materials. *Activities for Teaching Positive Psychology* addresses this problem by presenting a comprehensive set of fun, interactive classroom activities devised by contributors who are experienced teachers as well as leading scholars in their areas. Chapters cover all the topics typically included in existing positive psychology textbooks, emphasizing the hands-on experience that makes positive psychology courses so powerful. Extensive reading lists point interested readers towards a fuller understanding of the topics. The book is a rich source of ideas for all teachers of psychology, from novice to experienced instructors.

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