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Ryan M. Niemiec

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A Field Guide for Practitioners

2018. xx + 300 pp.

ISBN 978-0-88937-492-8

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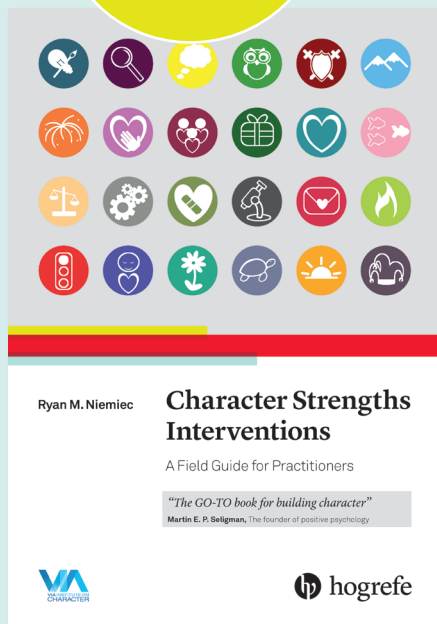
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The definitive, practical handbook on positive psychology and character strengths for practitioners working in coaching, psychology, education, and business – start using strengths today!

This book is the epitome of positive psychology: it takes the “backbone” of positive psychology – character strengths – and builds a substantive bridge between the science and practice. Working with client’s (and our own) character strengths boosts wellbeing, fosters resilience, improves relationships, and creates strong, supportive cultures in our practices, classrooms, and organizations. This unique guide brings together the vast experience of the author with the science and the practice of positive psychology in such a way that both new and experienced practitioners will benefit. New practitioners will learn about the core concepts of character and signature strengths and how to fine-tune their approach and troubleshoot. Experienced practitioners will deepen their knowledge about advanced topics such

as strengths overuse and collisions, hot button issues, morality, and integrating strengths with savoring, flow, and mindfulness. Hands-on practitioner tips throughout the book provide valuable hints on how to take a truly strengths-based approach.

The 24 summary sheets spotlighting each of the universal character strengths are an indispensable resource for client sessions, succinctly summarizing the core features of and research on each strength. 70 evidence-based step-by-step activity handouts can be given to clients to help them develop character strengths awareness and use, increase resilience, set and meet goals, develop positive relationships, and find meaning and engagement in their daily lives.

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A Field Guide for Practitioners

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About the Author



Ryan M. Niemiec, PsyD, is Education Director of the VIA Institute on Character, a nonprofit organization in Cincinnati, Ohio that is viewed as the global leader in advancing the science and practice of character strengths. Ryan is author of several books, including *Mindfulness and Character Strengths: A Practical Guide to Flourishing*, and coauthor of *Positive Psychology at the Movies*; and *Movies and Mental Illness*. Ryan is an award-winning psychologist, certified coach, international workshop leader, positive psychology “fellow,” and is adjunct professor at Xavier University, University of Pennsylvania, and a visiting lecturer at several other institutions.

Ryan helps professionals in counseling, coaching, business, disability, and education around the world apply character strengths, personally and professionally in their work. He leads seminal character strengths courses and develops personalized reports for the VIA Institute. He has penned over 60 peer-reviewed/invited articles and hundreds of lay-friendly articles on character strengths, mindfulness, and related topics. He is especially interested in the intersection of character strengths with mindfulness, savoring, resilience, flourishing, intellectual/developmental disability, and health promotion.

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Alexander Thomas (Editor)

Cultural and Ethnic Diversity

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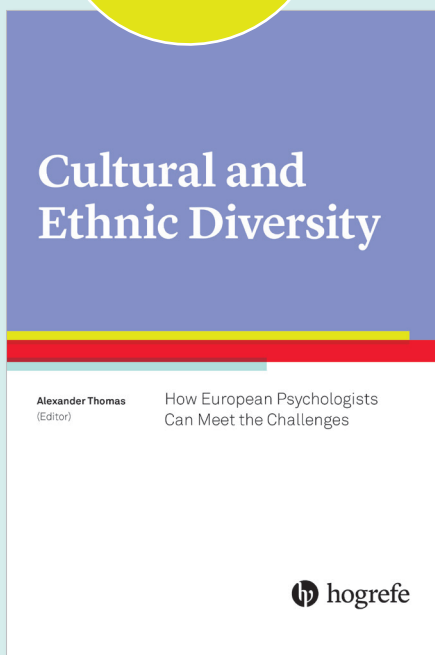
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Cultural diversity – how psychologists can meet the challenges and grasp the opportunities

Culture and diversity are both challenge and opportunity. This volume looks at what psychologists are and can be doing to help society meet the challenges and grasp the opportunities in education, at work, and in clinical practice. The increasingly international and globalized nature of modern societies means that psychologists in particular face new challenges and have new opportunities in all areas of practice and research.

The contributions from leading European experts cover relevant intercultural issues and topics in areas as diverse as personality, education

and training, work and organizational psychology, clinical and counselling psychology, migration, and international youth exchanges.

As well as looking at the new challenges and opportunities that psychologists face in dealing with people from increasingly varied cultural backgrounds, perhaps more importantly they also explain and discuss how psychologists can deepen and acquire the intercultural competencies that are now needed in our professional lives.

“This book delivers vital insights into how European psychologists can meet the challenges posed by cultural and ethnic diversity. It’s a book that we were all waiting for, and will be useful not only to psychologist practitioners and students, but also to stakeholders and policy makers in education.”

Bruna Zani, Professor of Social and Community Psychology, Department of Psychology, Alma Mater Studiorum-University of Bologna, Bologna, Italy;
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About the Editor



Alexander Thomas, PhD, was professor for social psychology and applied psychology at the University of Regensburg, Germany, until 2005 and received an honorary PhD in Social Sciences from Ruhr-University of Bochum, Department of Social

Psychology and Social Sciences. In 2015 he was appointed adjunct professor at East Bavarian Technical University (OTH) Regensburg. For over 30 years he has been researching and teaching in the field of intercultural psychology and comparative psychol-

ogy of culture. Professor Thomas has published widely on the psychology of intercultural action and dialogue as well as on intercultural competence, including a two-volume handbook on intercultural communication and cooperation.

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Nicola Baumann
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(Editors)

Building on Julius Kuhl's
Contributions to the Psychology
of Motivation and Volition



Nicola Baumann / Miguel Kazén / Markus Quirin / Sander L. Koole (Editors)

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A unique and comprehensive book by leading researchers looking at motivation and volition.

How can we motivate students, patients, employees, and athletes? What helps us achieve our goals, improve our well-being, and grow as human beings? These issues, which relate to motivation and volition, are familiar to everyone who faces the challenges of everyday life. This comprehensive book by leading international scholars provides integrative perspectives on motivation and volition that build on the work of German psychologist Julius Kuhl.

The first part of the book examines the historical trail of the European and American research traditions of motivation and volition and their integration in Kuhl's theory of personality systems interactions (PSI). The second part of the book considers what moves people to action

– how needs, goals, and motives lead people to choose a course of action (motivation). The third part of the book explores how people, once they have committed themselves to a course of action, convert their goals and intentions into action (volition). The fourth part shows what an important role personality plays in our motivation and actions. Finally, the fifth part of the book discusses how integrative theories of motivation and volition may be applied in coaching, training, psychotherapy, and education.

This book is essential reading for everyone who is interested in the science of motivating people.

“This is an excellent and valuable volume. It is a wonderful collection of pieces on motivation that serves as an apt tribute to an unusually creative and generous scholar.”

Andrew J. Elliot, PhD, Professor of Psychology, Department of Clinical & Social Sciences in Psychology, University of Rochester, NY, USA

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Why People Do the Things They Do

Building on Julius Kuhl's Contributions to the Psychology of Motivation and Volition

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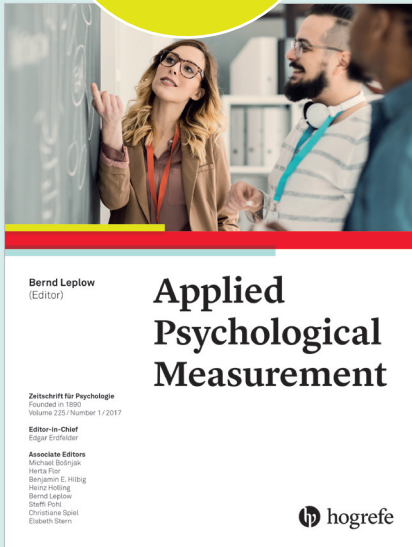
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In behavioral science, measurement methods and theory are often discussed in isolation, separate from specific substantive research questions. This frequently leads to the development of tools that do not fit substantive research questions of current interest closely enough to provide convincing scientific answers. As a consequence, there is a need for the development of more specific theory-guided measurement devices, instruments, and associated statistical methods that are tailored to the research questions of interest.

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The *Zeitschrift für Psychologie* publishes high-quality research from all branches of empirical psychology that is clearly of international interest and relevance, and does so in four topical issues per year. Each topical issue is carefully compiled by guest editors and generally features one broad Review Article accompanied by Original Articles from leading researchers as well as additional shorter contributions such as Research Spotlights (presenting details of individual studies

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Teachers and students of behavioral sciences and psychology for physicians and other health professionals.



Olle Jane Z. Sahler / John E. Carr / Julia B. Frank / João V. Nunes (Editors)

The Behavioral Sciences and Health Care

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Behavioral sciences for the next generation of health care providers – including practical features such as chapter review questions and an annotated practice exam.

The fourth edition of *The Behavioral Sciences and Health Care* is an invaluable resource for those educating the next generation of physicians and other health care providers. This easy-to-use text presents succinct information about a wide variety of neurological, social, and psychological sciences from a unified perspective of the complex evolutionary processes of gene–individual–environmental interaction, breathing new life into the biopsychosocial model so essential to understanding human behavior.

The book is organized in sections covering Regulatory Systems, Basic and Higher Order Homeostatic Systems, Development Through the Life Cycle, Social and Cultural Issues, Societal and Behavioral Health Challenges, The Health Care System, Policy, and Economics; The Clinical Relationship; and Psychopathology. In this edition, numerous chapters have been extensively revised to include the most up-to-date information and to integrate the DSM-5 classification. A new chapter deals with pain and a new appendix on psychological testing has been added.

Each chapter begins with guidance questions and ends with current recommended readings, resources, and review questions. A complete 335 question-and-answer multiple choice USMLE-type exam section not only allows readers to assess how well they have learned the material, but also highlights important points and adds additional specific information to supplement the text.

This text is particularly suited for use in systems-based and case-based curricula that can be used creatively in flipped classrooms and other active learning environments. Accessible and clear, without oversimplification, the book facilitates interdisciplinary education, providing a common core of knowledge applicable in many fields, including medicine, nursing, psychology, and social work.

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The Behavioral Sciences and Health Care

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About the Editors



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