



Positive Psychology: Harnessing the Power of Happiness, Mindfulness, and Inner Strength (Harvard Medical School Special Health Reports)

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Positive emotions have been linked with better health, longer life, and greater well-being in numerous scientific studies. On the other hand, chronic anger, worry, and hostility increase the risk of developing heart disease, as people react to these feelings with raised blood pressure and stiffening of blood vessels. But it isn't easy to maintain a healthy, positive emotional state. People often misjudge what will make them happy and content. *Positive Psychology: Harnessing the power of happiness, mindfulness, and personal strength* is a guide to the concepts that can help you find well-being and happiness, based on the latest research. This report includes self-assessment tests and step-by-step advice and exercises to help you maximize the positive emotion in your life.

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