



Positive Identities: Narrative Practices and Positive Psychology (The Positive Psychology Workbook Series)

Dr. Margarita Tarragona PhD

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It is sometimes said that humans are story-telling creatures. We love films and novels, enjoy reminiscing about the good times, report stories of our workday, entertain our children with tales, and occasionally gossip. Stories are how we make sense of the day, of the world and--ultimately-- of ourselves. Positive psychology expert Dr. Margarita Tarragona offers a crash course in how to use your daily stories as a springboard to enjoying more fulfilling relationships and being happier. Using clear language and practical tools, you will learn to be author of your life. Positive Identities is one title in the Positive Psychology Workbooks series. These workbooks introduce readers to a variety of solid science and useful tools for improving life, relationships, and overall mental health. Each workbook contains practical suggestions and offers readers opportunities to reflect and experiment with real world tools. A noted expert in his or her respective field writes each book in this series.

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