

POZİTİF PSİKOLOJİ VE YAŞAM

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OKUMA LİSTESİ

1. **“Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment” - Martin E.P. Seligman**
 - Pozitif psikolojinin kurucularından Martin Seligman tarafından yazılan bu kitap, kişisel mutluluğu artırma yollarını sunar.
2. **“Flow: The Psychology of Optimal Experience” - Mihaly Csikszentmihalyi**
 - “Akış” kavramını tanıtan ve mutluluğun zihinsel durumlar aracılığıyla nasıl elde edilebileceğini araştıran bir eser.
3. **“The How of Happiness: A New Approach to Getting the Life You Want” - Sonja Lyubomirsky**
 - Mutluluğun bilimsel olarak nasıl artırılacağını keşfeden pratik bir rehber.
4. **“Positivity: Top-Notch Research Reveals the 3 to 1 Ratio That Will Change Your Life” - Barbara Fredrickson**
 - Olumlu duyguların gücü üzerine yapılan araştırmaları ve bunların yaşam üzerindeki etkilerini anlatır.
5. **“Mindset: The New Psychology of Success” - Carol S. Dweck**
 - Büyüme zihniyeti kavramını tanıtarak, zorlukların üstesinden nasıl gelebileceğini ve başarının nasıl elde edilebileceğini açıklar.
6. **“Character Strengths and Virtues: A Handbook and Classification” - Christopher Peterson ve Martin E.P. Seligman**
 - İnsan güçlü yönlerini ve erdemlerini sınıflandıran ve açıklayan kapsamlı bir eser.
7. **“Happiness: Unlocking the Mysteries of Psychological Wealth” - Ed Diener ve Robert Biswas-Diener**
 - “Mutluluk profesörü” olarak bilinen Ed Diener tarafından, mutluluğun ve psikolojik zenginliğin nasıl ölçüleceğine dair bir inceleme.
8. **“Thrive: Finding Happiness the Blue Zones Way” - Dan Buettner**
 - Dünyanın en mutlu yerlerini ziyaret ederek, uzun süreli mutluluğun sırlarını araştıran bir seyahatname.
9. **“The Power of Meaning: Finding Fulfillment in a World Obsessed with Happiness” - Emily Esfahani Smith**
 - Mutluluktan daha fazlasını arayanlar için, yaşamın anlamını bulma üzerine derinlemesine bir bakış.
10. **“Positive Psychology in Practice: Promoting Human Flourishing in Work, Health, Education, and Everyday Life” - P. Alex Linley, Stephen Joseph (Editörler)**
 - Pozitif psikolojinin çeşitli alanlarda nasıl uygulanabileceğini gösteren kapsamlı bir çalışma.