

Practical Positive Psychology of Steingart (PPPOS)

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Definition

Practical positive psychology of Shteingart is the direction of psychology, which relies on everyday experience, wisdom, common sense and is used in practice to create a prosperous life and prosperity of both the individual and the society as a whole.

Sources

- B. Grenville-Cleave - *Positive Psychology (Introducing a Practical Guide)*;
- M. Hojjat , D. Cramer - *Positive Psychology of Love (Series in Positive Psychology)*;
- S. Steingart - The main provisions of the psychology of the future (presentation);
- S. Steingart - The "Happy Man" Theory (presentation);
- S. Steinhart - Four-component love theory (presentation);
- <http://fb.ru/article/242627/psihologiya-pozitivnaya---prekrasnyiy-sposob-izmenit-jizn-k-luchshemu>.