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kate hefferon, University of East London, School of Psychology, Faculty Member. Studies Health Sciences, Mental Health, and Positive Psychology.

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Positive Psychology and the Body: The Somatopsychic Side to Flourishing. By: Dr Kate Hefferon. First published in 2013. By Open University Press. Dr Kate Hefferon is

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Positive psychology and the body: the

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When: Wednesday, November 26, 2014 1:00 - 2:00 pm, EST Speaker: Dr. Kate Hefferon. This presentation will provide an overview of the phenomenon of posttraumatic

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What is Positive Psychology? Positive psychology is the science of optimal human functioning. It focuses on what makes people flourish, rather than languish.

Sage: applied positive psychology: integrated

A SAGE Publications book: Psychology, Applied Psychology, Applied Positive Psychology: Integrated Positive Practice Tim Lomas, Kate Hefferon, Itai Ivtzan.

Positive psychology - theory, research and

Positive Psychology by: Kate Hefferon publisher: Open University Press, published: 2011-06-01 ASIN: 0335241956 EAN: 9780335241958 sales rank: 1400638

The body 2.0: bringing bodies back to positive

The Body 2.0: Bringing bodies back to positive psychology Canadian Positive Psychology Conference Ottawa, Ontario July 2014 Dr. Kate Hefferon, PhD

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Kate Hefferon and Ilona Boniwell have done an excellent job on this introduction to Positive Psychology! I encourage educators, students and everyone else interested

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Kate Hefferon sheds light on the role of the body in Positive Psychology, thereby filling a gap in the extant literature that mostly focuses on the psychological side

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