

New Book Express

Oct 2022

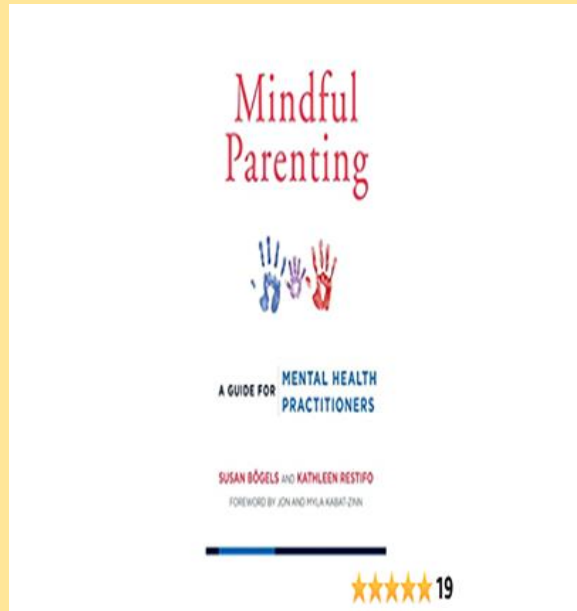
Carmel Secondary School

PTA Collection

Title: Mindful Parenting
Author: Susan Bogels &
Kathleen Restifo
ISBN: 9780393709926



Description : Despite its inherent joys, parenting can be challenging and stressful. When a parent or child suffers from a mental health issue, these difficulties multiply.



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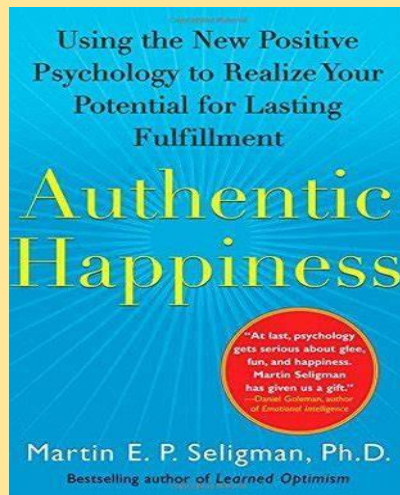
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Title: Authentic Happiness

Author: Martin E. P. Seligman, Ph.D.

ISBN No.: 97807432229833

Description: According to esteemed psychologist and bestselling author Martin Seligman, happiness is not the result of good genes or luck. Real, lasting happiness comes from focusing on one's personal strengths rather than weaknesses—and working with them to improve all aspects of one's life.



PTA Collection

Title: Flourish

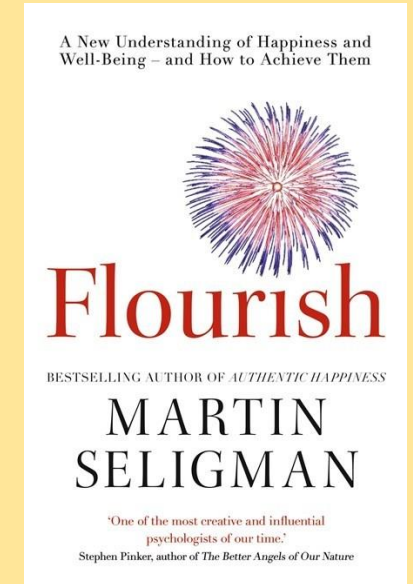
Author: Martin E. P. Seligman

ISBN No.: 9781439190760

Description:

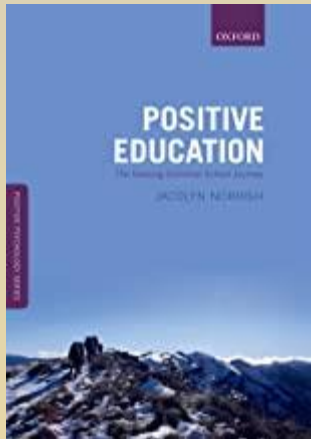
Flourish builds on Dr. Seligman's game-changing work on optimism, motivation, and character to show how to get the most out of life, unveiling an electrifying new theory of what makes a good life—for individuals, for communities, and for nations. In a fascinating evolution of thought and practice, *Flourish* refines what Positive Psychology is all about.

While certainly a *part* of well-being, happiness *alone* doesn't give life meaning. Seligman now asks, What is it that enables you to cultivate your talents, to build deep, lasting relationships with others, to feel pleasure, and to contribute meaningfully to the world? In a word, what is it that allows you to *flourish*? "Well-being" takes the stage front and center, and Happiness (or **Positive Emotion**) becomes one of the five pillars of Positive Psychology, along with **Engagement, Relationships, Meaning, and Accomplishment**—or **PERMA**, the permanent building blocks for a life of profound fulfillment.



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Title: Positive Education
Author: Jacolyn Norrish, PhD.
ISBN No.: 9780198702580

Description:
Positive Education: The Geelong Grammar School Journey will provide academics and students of Positive Psychology with an invaluable resource. Moreover, the book offers educational practitioners the key facets of the approach so as to inspire them to embark on their own journey with Positive Education.

Title: Positivity

Author: Barbara L. Fredrickson, PhD

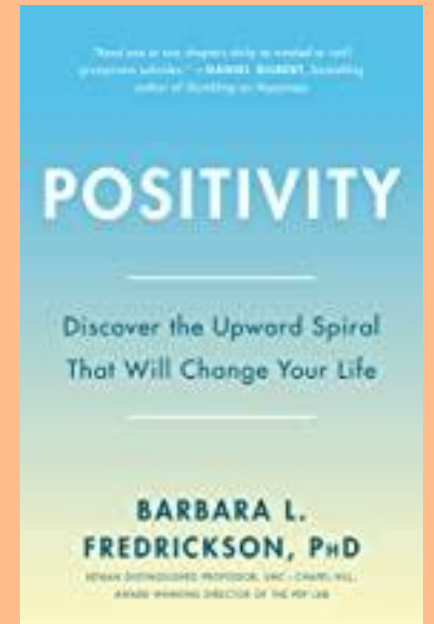
ISBN No.: 9780307393746

Description:

You'll discover:

- What positivity is, and why it needs to be heartfelt to be effective
- The ten sometimes surprising forms of positivity
- Why positivity is more important than happiness
- That your own sources of positivity are unique and how to tap into them
- How to calculate your current positivity ratio, track it, and improve it

With *Positivity*, you'll learn to see new possibilities, bounce back from setbacks, connect with others, and become the best version of yourself.



PTA Collection : More New Books

Title	Author	Call Number
Mindful Parenting	Susan Bogels & Kathleen Restifo	616.89156 BOG
Authentic Happiness	Martin E. P. Seligman, Ph.D.	158.1 SEL
Flourish	Martin E. P. Seligman	150.1988 SEL
Positive Education	Jacolyn Norrish, PhD.	370.15 NOR
Positivity	Barbara L. Fredrickson, PhD	158.1 FRE