

The Science Of Happiness How Our Brains Make Us Happy And What We Can Do To Get Happier Stefan Klein

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*1 Positive Psychology,
Positive Prevention, and
Positive Therapy*

Webaged brains, and
deifying the Diagnostic

and Statistical Manual
(DSM), in contrast, has
ren-dered science poorly
equipped to do effective
prevention. We now need
to call for massive
research on human

strength and virtue. We need to develop a nosology of human strength– the “UNDSM-I”, the opposite of DSM-IV. We need to measure reliably and ...

*DECLUTTER YOUR MIND -
ICRRD*

WebOur powerful brains are constantly

processing all sorts of experiences and analyzing them in the form of thoughts. Thoughts form what we perceive to be reality. We can control and direct our thoughts, but it often feels like our thoughts have minds of their own, controlling us and how we feel.