



Positive Psychology: Advances in Understanding Adult Motivation

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Positive Psychology and Adult Motivation examines the cognitions, traits, and contexts of behavior that are associated with optimal development and resilience through the entire life course. The book investigates the personal psychological development through the stages of emerging adulthood, full adulthood, middle age, and old age as individuals and how they respond positively to them. It explores which traits are needed and which aspects of the environment help a person to truly flourish, thrive and grow. The volume describes the development of resilience as well as other characteristics that will assist individuals in overcoming challenges through adult development.

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