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Massimini and Delle Fave conceptualize the notion of optimal experience (or Csikszentmihalyi's concept of flow), which is a multifaceted experiential state characterized by reciprocal integration of one's cognitions, emotions, and motivations (Delle Fave, 2009). Chris Peterson (2000) conducts work on optimism.

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Practical Explorations of Human Strengths.
Thousand Oaks, CA: Sage

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Christopher Peterson is one of the founders of the discipline of positive psychology. As professor of U. And Michigan since 1986, he has become one of the most noted psychologists of the 20th century. His textbook "Primer for Positive Psychology" is a witty and insightful look into the new study of positive psychology.

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positive psychology. • Abraham Maslow actually coined the term positive psychology

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when he used it as a chapter title in his 1954 book, *Motivation and Personality*. A Positive Psychology Passport Picture As we begin this journey into positive psychology, we ask you to take your “passport picture”. Think about face Positive Psychology

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Positive psychology is the study of "positive subjective experience, positive individual traits, and positive institutions promises to improve quality of life". Positive psychology focuses on both individual and societal well-being. Positive psychology began as a new domain of psychology in 1998 when Martin

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Seligman chose it as the theme for his term as president of the American Psychological ...

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