

Making Everything Easier!™

# Positive Psychology

## FOR DUMMIES®

### Learn to:

- Think positively and behave constructively
- Identify your strengths and maximise them to achieve excellence
- Use positive psychology to create greater happiness, health and success
- Develop the skills to handle adversity with positivity and confidence

### Averil Leimon

*Leadership psychologist and international business coach*

### Gladeana McMahon

*Leading transformational and personal development coach*

