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LEADERSHIP DEVELOPMENT

WITH DR. CATHY GREENBERG
AND DR. RELLY NADLER

NEWS

Leadership Development News
Monday 9 AM PT
June 13th 2011: Flourish

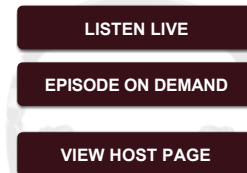
Now Dr. Martin Seligman, a founder of positive psychology and its leading proponent and practitioner, introduces a revolutionary concept of what happiness really is in his new book **FLOURISH: A Visionary New Understanding of Happiness and Well-Being** (Free Press/April 5, 2011). In a fascinating evolution of thought, Seligman now believes that "well-being, not happiness, is the topic of positive psychology." Well-being is a richer, more nuanced state in which we cultivate our talents, build deep, lasting relationships, feel pleasure, and contribute meaningfully to the world. In short—we flourish.

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