



Positive Humanism: A Primer (Paperback)

By Bo Bennett

Ebookit.com, United States, 2015. Paperback. Book Condition: New. 170 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****.Positive humanism is an applied secular humanistic philosophy based on the scientific findings of positive psychology that focuses on personal, professional, and societal flourishing. As an applied philosophy its focus is on ideas that lead to increased well-being. As a secular humanistic philosophy, there are no appeals to the supernatural, the magical, or the mystical. The philosophy is founded on reason and critical thinking. The philosophy is science-based, meaning it is void of the unsupported and/or exaggerated claims and the constant confusing of correlation with causality often found in the self-help genre. The philosophy is grounded in the theories of positive psychology, which is the study of the positive side of the mental health spectrum-human flourishing.



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