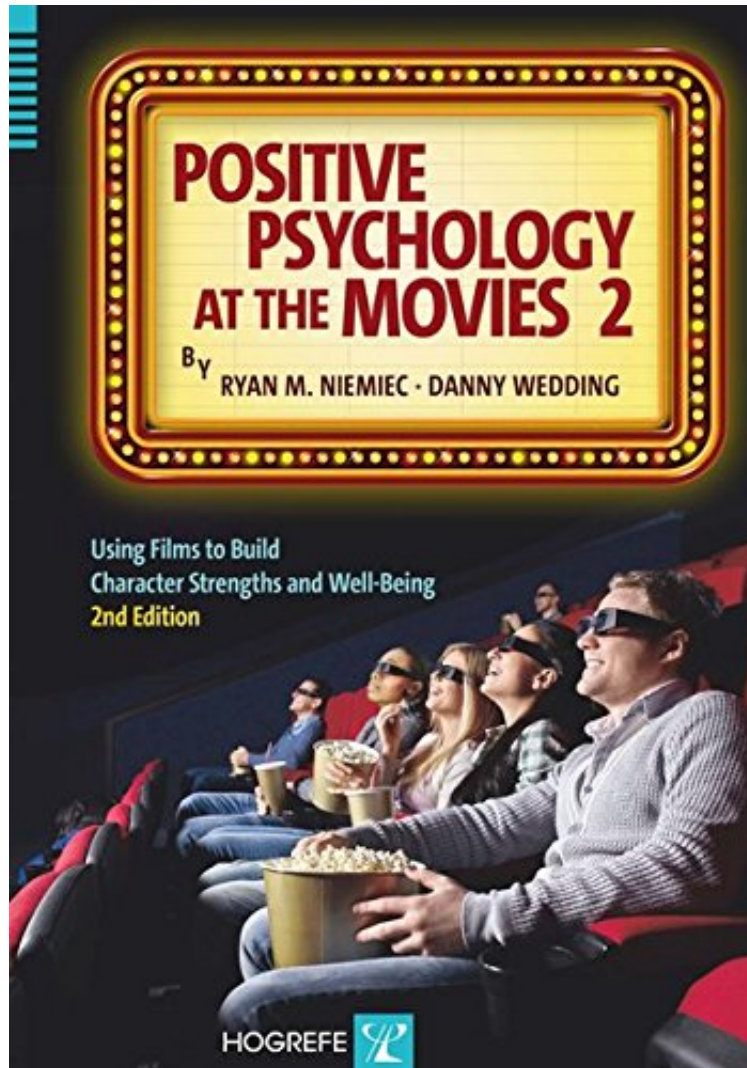


(Get free) Positive Psychology at the Movies: Using Films to Build Virtues and Character Strengths

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Ryan M. Niemiec, Danny Wedding
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Ryan M. Niemiec, Danny Wedding : Positive Psychology at the Movies: Using Films to Build Virtues and Character Strengths before purchasing it in order to gauge whether or not it would be worth my time, and all praised Positive Psychology at the Movies: Using Films to Build Virtues and Character Strengths:

3 of 3 people found the following review helpful. A must read for movie lovers, positive psychologists and everyone else....By Nevenka Pobric This is absolutely a must read book if you love movies, want to learn about character strength, positive psychology or simply enjoy and understand your life and life of others. I personally use this as a guide before I watch any movie. Actually I pick movies from this book (1,500 movies) knowing that I will enjoy and

learn from it. It is a rare combination of great reading and scientifically proven research that you cannot find elsewhere. An outstanding resource for those studying positive psychology and a great book for movie lovers and people who simply want to increase their well being, become happier and live more meaningful life. Braco Pobric, author of *Habits and Happiness: How to become happier and improve your wellbeing by changing your habits* 3 of 3 people found the following review helpful. *Great Combo of Movies with Psychology* By Li4n4 It's great to have a book that combines a fascination with movies with an understanding of positive psychology. This adds yet another layer to the depth of what a person can experience while watching movies. Also, this book could be somewhat inspirational; just choose an emotion to explore and then watch the corresponding movies. 2 of 2 people found the following review helpful. *Positive Psychology at the Movies* By Anne Blunden Great book with insight and descriptions of the strengths of the different characters of movies which one is able to relate to or learn more about.

New in this edition- Dozens of evocative movie images to help discuss key points- Three completely new chapters on "PERMA" (positive emotions, engagement, relationships, meaning, and accomplishment), the 5 core areas of well-being discussed by positive psychologists: - Positive Relationships- Mindfulness and Resilience- Achievement, Meaning, Engagement, and Positive Emotions- Now discusses nearly 1,500 positive psychology movies - 400 of them new to this edition- More in-depth discussion of film exemplars for each character strength, exploring its dynamics, use for coping, benefits - and now with movie exemplars of overuse and underuse of each strength- New exemplars include Edward in the Twilight series (self-regulation); Robert Downey, Jr.'s Sherlock Holmes (exceptional judgment/critical thinking); Lisbeth Salander in *The Girl with the Dragon Tattoo* (prudence); *The Artist* (zest); and dozens more- New appendices listing "Positive Psychology Movies for Children, Adolescents, and Families"; "Movies of the Year" for recent years; and "Positive Psychology Short Films"- More extensive commentary on research and practice for each of the 24 character strengths, now with over 800 scholarly references- Updated charts, references, practitioner resources, and more! For educators, researchers, and anyone striving for personal growth and a fulfilling life! This completely revised edition of the popular *Positive Psychology at the Movies* provides a unique way to learn and appreciate what is right and best about human beings. Now with discussions of nearly 1,500 movies, dozens of evocative movie images, and much more! Positive psychology is regarded as one of the most important developments in the field of psychology over the past century. This inspiring book uses movies as a medium for learning about the latest research and concepts, such as mindfulness, resilience, meaning, positive relationships, achievement, well-being, as well as the 24 character strengths laid out by the VIA Institute of Character. Films offer myriad examples of character strengths and other positive psychology concepts and are uniquely suited to learning about them and inspiring new ways of thinking. This book systematically discusses each of the 24 character strengths, balancing film discussion, related psychological research, and practical applications. Each chapter outlines Key Concepts, Relevant Research, an Exemplar from a key movie, Overuse/Underuse, Key Enablers and Inhibitors, Practical Applications, International Cinema, and a Summary. Watching the films recommended in this book will help the reader to practice the skill of strengths-spotting in themselves and others, inspiring self-improvement. Practical resources include a suggested syllabus for a complete positive psychology course based on movies, a list of suitable movies for children, adolescents, and families as well as a list of questions for classroom and therapy discussions. *Positive Psychology at the Movies* is conceived for educators, students, practitioners, and researchers, but anyone who loves movies and wants to change their lives for the better will find it inspiring and relevant. Read this book to learn more about positive psychology and watch these films to become a stronger person! From the Foreword of this Edition: "This is the most important book about movies of our times." Frank Farley, PhD, L. H. Carnell Professor, Temple University, Philadelphia, Former President of the American Psychological Association (APA)

Need a dose of courage? An injection of humility? A dram of teamwork? Then look no further than the movies for inspiration. *Positive Psychology at the Movies: Using Films to Build Character Strengths and Well-Being* (2nd ed.) is a tightly organized, thematically interesting, and, of course, utterly positive guide to viewing films through the lens of flourishing. Film is a natural medium by which to illustrate psychological concepts and bear witness to the experiences of (fantastical) others. The book's purpose is to highlight films that portray and inspire character strengths, and it succeeds....exemplar films are discussed and dissected according to their respective key concept, relevant research, signature strengths, strength dynamics, benefits, and coping. The book lends itself to classroom use, as evidenced by Appendix E, *Questions for Classroom, Therapy, and Movie Group Discussions*, and by Appendix G, *Syllabus of a Positive Psychology Course That Uses Movies*. As well, it can be a tool in individual and/or group therapy. --Prof. Debra Merskin, PhD, Associate Professor of Media Studies, School of Journalism and Communication, University of Oregon, in *PsycCRITIQUES*, 2014, Vol. 59, No. 28, Article 6 Ryan Niemiec and Danny Wedding's updated edition of *Positive Psychology at the Movies* is an exploration of the ways that movies can illuminate and portray the principles of positive psychology, especially character strengths... "[The authors] encourage the reader to watch films with an eye on strengths and well-being. They ask us to watch mindfully instead of passively, and to take lessons from the films and apply them to our own lives... [They] also give practical applications for mining the most character strength

knowledge from a film and ways to bring that learning into daily life. There is a great deal of information here."The most intriguing part of [the] 470-page book ... focuses on the ways in which movies can support Martin Seligman's PERMA model of human flourishing... The learning possibilities are endless. --Bright Dickson, MAPP, Theano Coaching LLC, in Psychology News Daily, 2013

A valuable book. As a business consultant and leadership coach, I continually look for ways to help my clients increase their awareness of their leadership style, and how their personality and sense of self informs this awareness. The use of films and clips (including examples from television) are a valuable tool. I have already shared this book with my peers. --Howard A Fox, MA, Fielding Graduate University, in Doody's Listings and s, 2013

Positive Psychology at the Movies provides a creative way to explore positive psychology principles through the exploration of films [and] an impressive approach to teaching. Any psychology educator will find a plethora of films to use to teach a wide array of psychological concepts and principles that extend beyond Positive Psychology and are legitimized by rigorous research. This book could be used as a form of cinematherapy [and] would certainly be a useful tool to consolidate psychological concepts and inspire behavior change."The new inclusions of film exemplars and extended appendices add to the quality of teaching resources that the book provides. In addition, its stimulating and contemporary presentation should encourage a broader audience including lay people who want to evaluate the meaning of movies. --Melissa Monfries, Counselling and Psychological Health, La Trobe University, in Australian Journal of Educational Developmental Psychology, vol 14, 2014

Positive Psychology at the Movies 2 is an easy, convenient, and fun but serious way to learn about Positive Psychology. Importantly, it provides resources for applying the science to one's own life and for bringing it to others so that all may flourish." --Jeanette Biermann, PhD, Cleveland, OH, in The Ohio Psychologist (Nov./Dec. 2014)

A valuable book. As a business consultant and leadership coach, I continually look for ways to help my clients increase their awareness of their leadership style, and how their personality and sense of self informs this awareness. The use of films and clips (including examples from television) are a valuable tool. I have already shared this book with my peers. --Howard A Fox, MA, Fielding Graduate University, in Doody's Listings and s, 2013

About the Author Ryan M. Niemiec, PhD, PsyD, is a licensed psychologist in Cincinnati. He is Education Director of VIA Institute on Character, a certified coach with Hummingbird Coaching Services, and a frequent lecturer and workshop leader. He is author of a number of articles and film editor of PsycCRITIQUES. He received a specialization in film studies from Michigan State University. Danny Wedding, PhD, MPH, trained as a clinical psychologist at the University of Hawaii. He is currently Associate Dean for Management and International Programs at the California School of Professional Psychology, Alliant University. For many years he was Professor of Psychiatry, University of Missouri-Columbia School of Medicine and Director of the Missouri Institute of Mental Health (MIMH). Dr. Wedding is the author or editor of 12 books and is editor for PsycCRITIQUES: Contemporary Psychology and APA of Books.