



Positive Psychology for Overcoming Depression: Self-Help Strategies for Happiness, Inner Strength and Well-Being

Miriam Akhtar

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The stresses of modern life have led to an unprecedented rise in depression. But there is new hope, as psychologist Miriam Akhtar explains in this reassuring self-help manual extolling the benefits of Positive Psychology. Drawing upon inspiring real-life case studies, Akhtar shows how Positive Psychology can teach us how to savor positive events, express gratitude for everyday experiences we may take for granted, develop optimism, and cultivate resilience in the face of difficulties.

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