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HIGHLIGHTED HANDOUT

PSY409

Positive Psychology

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my todays paper psy409

Analyze the differences between external and internal adaptation.(3)

Research has proved this fact that positive emotions can undo the effect of negative emotions. Do you agree with this finding? Discuss it with the help of some real life example.(3)

What is Pennebaker paradigm?(3)

Seligman divided happiness into three types. Briefly explain the pleasant life. (5)

Describe the correlation between the explanatory style of the players and their wining or failing presented by Seligman.(5)