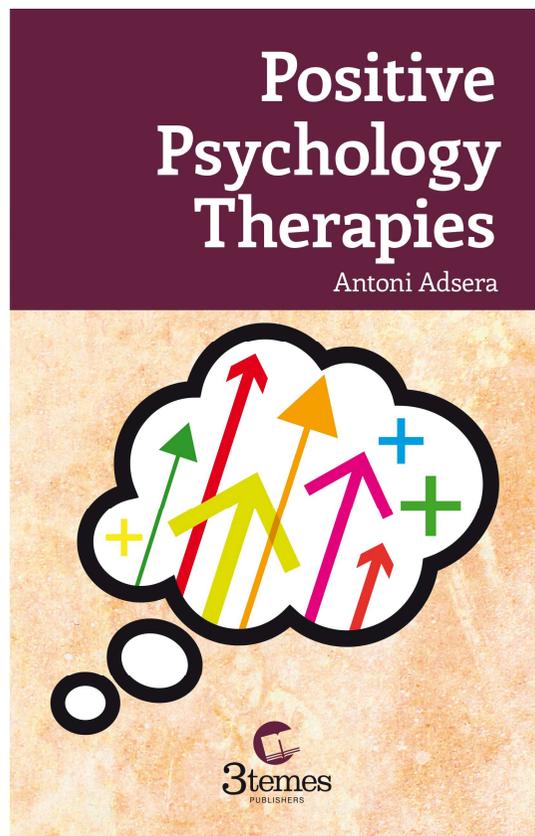


**NEW BOOK ON THE CLINICAL  
APPLICATION OF  
POSITIVE PSYCHOLOGY**



Antoni Adsera is a psychologist who holds a master's degree in neurosciences from the University of Barcelona. He writes the Blog of Positive Psychology ([www.blogpsicopositiva.com/en](http://www.blogpsicopositiva.com/en)).

**Book available in paperback, Kindle and ePub.**

Positive psychology is a new approach within psychology that focuses on improving human quality of life and well-being, studying the qualities, behaviors, attitudes and positive emotions of human beings, and applying this knowledge in a scientific manner. The most significant positive states are optimism, creativity, hope, perseverance, sense of humor, laughter, flow or optimal experience, resilience, courage, positive affect, self-esteem, assertiveness, empathy ...

Positive psychology is also very useful in improving mental health. Positive mental states act as barriers to psychological disorders.

This book is about the practical application of positive psychology to enhance health, increase well-being and overcome the most common psychological disorders today.

The first part of the book deals with some fundamentals of positive psychology. The second part presents a generic treatment applicable to a wide variety of psychological disorders. Finally, the third part focuses on how to deal with five types of common disorders:

- 1) Depression
- 2) Anorexia nervosa and eating disorders
- 3) Schizoid disorder and schizophrenia
- 4) Addictions
- 5) Anxiety disorders

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## 1. Introduction

Genetics predisposes  
Environment proposes  
The individual decides

In the last twenty years there has been significant progress in understanding the human psyche. If until two decades ago the study of rational capacities of human beings dominated the field, today great importance is being given to the emotional side. During this time there have been many studies and books published on how our emotional life strongly influences the success that we have in life and even our ability to overcome diseases.

In line with the study of emotional intelligence, a new trend has emerged in psychology. Called *positive psychology*, this way of thinking focuses on how to improve people's quality of life and well-being. In 1998 during his inaugural speech as president of the American Psychological Association, Martin Seligman said that psychology has to stop focusing exclusively on pathology and start promoting well-being. So the title of this book may seem contradictory in that the outlook stems from positive psychology yet the topics encompass the treatment of psychological disorders and mental illnesses.

This apparent contradiction disappears when we consider two points. First, overcoming

discomfort does not automatically result in well-being. Reducing discomfort and increasing well-being are two goals that do not necessarily coincide. That is, overcoming discomfort does not guarantee well-being. It is true that classical psychology has always favored the treatment of psychological disorders, with the goal of reducing discomfort and restoring health to the patient. But it is equally true that once this goal has been achieved, patients does not necessarily derive enjoyment from their lives and could still be far from a state of well-being, which is a risk factor that may lead to further relapses. Moreover, even those who suffer from a psychopathological disorder deserve a chance for wellness, an experience that is therapeutic in itself.

The second point to consider, and the fundamental hypothesis of this book, is that positive mental states act as barriers to mental disorders, and have a preventive effect that can even lead to rehabilitation. The human strengths that positive psychology studies and that lead to well-being (optimism, creativity, resilience, sense of humor and laughter, positive affect, self-esteem, etc.) act as protective shields against psychiatric disorders and can be used in psychotherapeutic treatment. They strengthen the cognitive–emotive anchors that we all naturally possess.

The first part of the book deals with some fundamentals of positive psychology. It is a set of chapters on the positive qualities of human beings that I think are most useful therapeutically. The second part of the book

presents a generic treatment applicable to a wide variety of psychological disorders. Finally, the third part focuses on how to deal with five types of disorders that are common at present: 1) depression, 2) anorexia nervosa and eating disorders, 3) schizoid disorder and schizophrenia, 4) drug addiction, and 5) anxiety disorders.

In summary, although addressing positive psychology and psychopathology together may at first seem like a contradiction, by the end of the book the reader will see that it actually is possible to effectively implement positive capacities to prevent or limit the effects of a variety of disorders – a perspective that favors optimism and seeks to avoid despair. Bear in mind that positive psychology is not a distinct branch of psychology but a set of concepts and principles that will eventually be integrated into the body of knowledge and skills of all psychology, including clinical psychology.

My intention throughout the writing and publication of this book is that it is a practical guide, that it serves as an aid to solve real problems. My hope is that the reader gets the maximum benefit.