Positive Psychology: Advances in Scientific Support

Psicología Positiva: Avances en el Sustento Científico

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Positive psychology, as a science derived from psychology, has conducted a significant amount of research that seeks to achieve a clear and solid empirical support around positive individual traits, personal subjective experiences and in general the optimal characteristics of each human being that makes living a revitalizing process of growth, hope, optimism, creativity, spirituality and resilience in the face of a complex reality. This book presents in its first three chapters the advances of positive psychology, from its historical, conceptual and application development, its contributions in recent years and the analysis of the instruments that evaluate positive psychological aspects and that have been validated in the Colombian population; likewise, the next four chapters analyze the relationship with variables such as suicide risk, body image, chronic kidney disease and stress; finally, last chapter addresses the proximity between the artistic expression of emotion and optimal resilience. Undoubtedly, this is a compilation of studies predominantly of Colombian origin, whith a clear interest in contributing to the scientific support for a new way of conceiving and acting from psychology and the real everyday life of well-being.

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