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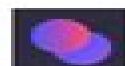


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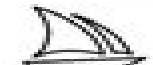


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DIZZY DAVIDSON



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AI Made Easy: The Single Dad's STEP-BY-STEP Guide to Smarter Living—Harnessing AI for Parenting, Productivity, and Personal Growth. DIZZY DAVIDSON, 2025-04-15

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this book belongs in the library of everyone interested in what it means to live well It provides not only ample food for thought but for action Christopher Peterson Professor of Psychology University of Michigan If you are a therapist a coach or if you want to help yourself and others flourish then this book is a must read It is an important theoretical and practical contribution to the field of positive psychology and in fact to the field of psychology as a whole Tal Ben Shahar author of *Happier* and *The Pursuit of Perfect* A practical guide to applying the principles of positive psychology in your mental health practice Edited by internationally recognized psychologist author and therapist trainer George Burns *Happiness Healing Enhancement Your Casebook Collection for Applying Positive Psychology in Therapy* provides thought provoking yet realistic and practical contributions from practitioners of positive psychology from around the world who share how they have translated solid positive psychology research into sound clinical practice Organized to make searching for a particular diagnostic category or therapeutic outcome fast and easy this guide features Contributions from some of the world s foremost positive psychology clinicians researchers and teachers including P Alex Linley Betty Alice Erickson Robert Weis Antonella Delle Fave Richard G Tedeschi Robert Biswas Diener Michael D Yapko and Bill O Hanlon Examples and strategies including a Putting It into Practice feature that illustrates how readers can immediately apply the therapeutic applications covered in each chapter Building on the proven benefits of the positive psychology movement *Happiness Healing Enhancement* will teach you new skills that will strengthen your practice of therapy and equip your clients with the pathways to overcome challenging problems and live a full satisfying life **General Motors Engineering Journal** ,1961

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