

Meaning In Positive And Existential Psychology

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"Meaning" is a theoretical concept of utmost importance to positive and existential psychologists in their interpretations of narratives of suffering and healing, yet the two schools of thought...

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"In this context, Meaning in Positive and Existential Psychology is valuable not only in content, but also a model for bringing together in dialogue and collaboration two schools of psychology that have a history of conflict. The contributors to this volume do not idealistically look to unify existential and positive psychology by oversimplifying or dodging the differences and debates; rather, they take seriously and honor differences in a constructive manner.

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Existentialism asserts that people make decisions based on subjective meaning rather than pure rationality. The rejection of reason as the source of meaning is a common theme of existentialist thought, as is the focus on the anxiety and dread that we feel in the face of our own radical freedom and our awareness of death. Kierkegaard advocated rationality as a means to interact with the objective world (e.g., in the natural sciences), but when it comes to existential problems, reason is ...

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contemporary discussion about the source and significance of meaning in our lives this volume meaning in positive and existential psychology is a timely and engaging exploration of these contrasting but potentially reconcilable orientations positive psychology is the scientific study of what makes life worth living meaning is always

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Meaning Therapy (MT) is an extension of Frankl's logotherapy and America's humanistic-existential tradition; it is also pluralistic because it incorporates elements of cognitive-behavioral therapy, narrative therapy, and positive psychotherapy, with meaning as its central organizing construct. MT not only appeals to people's natural desires for happiness and significance but also makes ...

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