



Positive Psychology of Love (Series in Positive Psychology)

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Many topics within the study of close relationships are relevant to positive psychology, such as love, friendship, social support, and forgiveness. However, very little has been done to specifically connect and thus expand these two interrelated and rapidly growing fields.

Positive Psychology of Love fills this void by bringing together the latest research and theory in the field of close relationships from a positive psychology point of view, suggesting how we can have more fulfilling close and intimate relationships and how these relationships may enhance our lives. Each of the chapters focuses on a different aspect of close and intimate relationships as related to positive psychology, such as romantic love, friendship, positive emotions, sexuality, attachment, communication, forgiveness, conflict resolution, self-esteem, relational maintenance, mental health, physical health, and culture. International contributors from a variety of disciplines explore how these areas of close relationships relate to positive psychology, and how close relationships function as an important aspect of our personal health, growth, happiness, and well-being. This unique and fascinating approach will be of interest to researchers, educators, and students in a number of fields including psychology, sociology, counseling, social work, communication, family studies, marriage and family therapy, and nursing.

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