



## Positive Psychology of Love (Series in Positive Psychology)

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**Positive Psychology of Love (Series in Positive Psychology)** From Oxford University Press

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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### **Bibliography**

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### Editorial Review

#### Review

"It is refreshing to come across a volume that effectively combines positive psychology with the multifaceted and fascinating study of love and close relationships. This volume represents an important turning point in the marriage of these areas of study (which should be a long and fruitful one). The authors included in this volume represent a multidisciplinary, international, and renowned group who are true experts in their particular areas of focus. This work will undoubtedly long remain an important resource for academics (from a variety of disciplines) and clinicians who focus on personal relationships."

--**Paul Mongeau, Professor of Communication, Hugh Downs School of Human Communication, Arizona State University**

"In *Positive Psychology of Love*, Hojjat and Cramer have done a splendid job of assembling a cast that includes some of the best scientists in the field of relationships. Guided by sound theory and solidly anchored in scientific research, each chapter provides a synthesis of research at the intersection of love and positive psychology from a variety of perspectives. A must-read for anyone interested in relationships and/or positive psychology."

--**Robert J. Vallerand, Ph.D., President, International Positive Psychology Association**

"Hojjat and Cramer rounded up all the top researchers on love and asked them for their best thoughts on the topic. My big takeaway from this impressive work, *The Positive Psychology of Love*, is that when we love deeply we are better human beings."

--**Shane Lopez, Research Director, The Clifton Strengths Institute**

#### About the Author

**M. Hojjat** is Associate Professor of Social Psychology at the University of Massachusetts Dartmouth. Her research has focused on a variety of topics including love, satisfaction, betrayal, and forgiveness in friendships and romantic relationships. **Duncan Cramer** is a Chartered Psychologist and Professor of Psychological Health at Loughborough University, England. His research interests and publications include mental health, personality, personal relationships, psychotherapy and counselling.

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