



Positive Psychology in Racial and Ethnic Groups: Theory, Research, and Practice

Edward C. Chang, Christina A. Downey, Jameson K. Hirsch

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Now, for the first time, leaders in the field have come together to provide a comprehensive reference that focuses specifically on how a culturally-informed approach to positive psychology can help capitalize on the strengths of racial minority groups and have a greater potential to positively impact their psychological well-being. Taking into account the rich and diverse cultural histories of ethnic groups, the information presented in this volume can help clinicians use positive psychology to inspire minorities to be effective agents in their environments and communities.

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