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Positive psychology is the study of "positive subjective experience, positive individual traits, and positive institutions promises to improve quality of life". Positive psychology focuses on both individual and societal well-being. Positive psychology began as a new domain of psychology in 1998 when Martin Seligman chose it as the theme for his term as

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president of the American Psychological Association. It is a reaction against past practices, which have tended to focus on "mental illness", me

Positive psychology - Wikipedia

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Psychology. Compassion has become associated with and researched in the fields of positive psychology and social psychology. The Dalai Lama once said that "compassion is a necessity, not a luxury" and that "it is a question of human survival". Compassion is a process of connecting by identifying with another person.

Compassion - Wikipedia

The central feature of positive psychology is its dual focus on fostering wellness and preventing maladies such as depression, substance abuse, or mental disorders in individuals who are genetically vulnerable or whose problems are exacerbated by the pressures of our modern lifestyles.

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Psychology of religion consists of the application of psychological methods and interpretive frameworks to the diverse contents of religious traditions as well as to both religious and irreligious individuals. The extraordinary range of methods and frameworks can be helpfully summed up regarding the classic distinction between the natural-scientific and human-scientific approaches.

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