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By Martin E. P. Seligman



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Bibliography

- Sales Rank: #1425643 in Books
- Published on: 2015-04-01
- Original language: Spanish
- Number of items: 1
- Dimensions: .90" h x 6.00" w x 9.00" l, .0 pounds
- Binding: Paperback
- 372 pages

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Editorial Review

About the Author

Martin E. P. Seligman is a psychology professor at the University of Pennsylvania and the director of the Positive Psychology Network. He is the author of 20 books, including *Authentic Happiness*, *Learned Optimism*, and *The Optimistic Child*. He lives in Philadelphia.

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