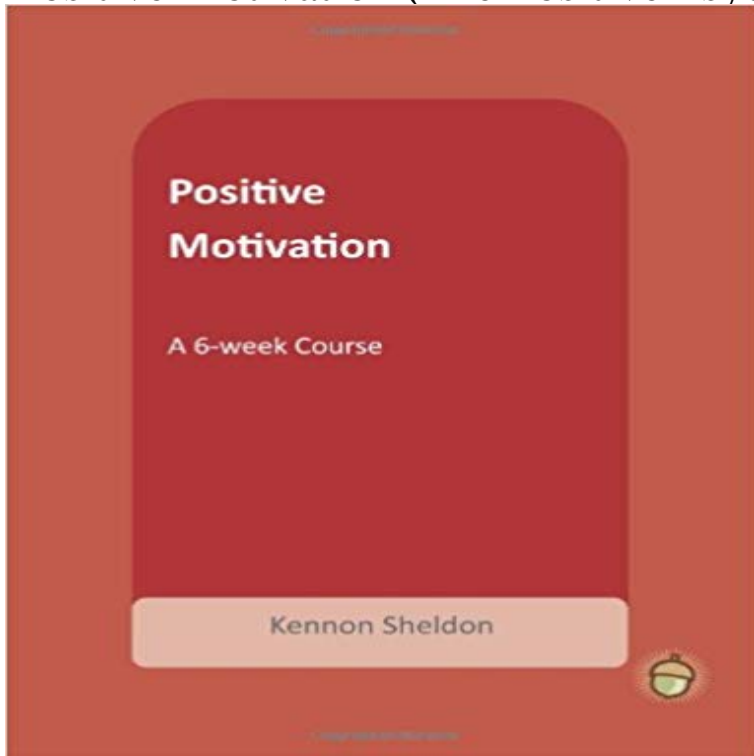


Positive Motivation (The Positive Psychology Workbook Series)



Motivation is central to achieving our goals, performing well at work, and persevering even in the face of hardship. In this book expert researcher, Ken Sheldon takes readers on a backstage tour of this fascinating topic. Readers will become expert in the goal systems approach to motivation as well as the basics of self-determination theory. The exercises and reflections in this book will help translate the academic information into practical tools that will help you motivate yourself or those with whom you work. Positive Motivation is one title in the Positive Psychology Workbooks series. These workbooks introduce readers to a variety of solid science and useful tools for improving life, relationships, and overall mental health. Each workbook contains practical suggestions and offers readers opportunities to reflect and experiment with real world tools. A noted expert in his or her respective field writes each book in this series.

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