

# Contents

	<i>Introduction</i>	<i>vii</i>
	<i>Acknowledgments</i>	<i>xiii</i>
Chapter 1	The Coaching Paradox and the Positive Psychology Solution	1
<b>Foundation I</b>		
<b>Happiness and Positivity</b>		
Chapter 2	Happiness: The Goal We Rarely Talk About	25
Chapter 3	Choosing Happiness: Goals, Relationships, and Positive Thinking	59
Chapter 4	Solid Happiness Interventions	89
<b>Foundation II</b>		
<b>Character Strengths</b>		
Chapter 5	Strengths Coaching	117
Chapter 6	Coaching to Personal Strengths	143
Chapter 7	Coaching to Social Strengths	165

CONTENTS

**Special Topics in Positive  
Psychology Coaching**

Chapter 8	Helping Clients Craft the Perfect Job	189
Chapter 9	The Future of Positive Psychology Coaching	209
	<i>Appendix: Planning Positive Psychology Coaching Sessions</i>	221
	<i>Notes</i>	231
	<i>Index</i>	251