



Handbook of Hope: Theory, Measures, and Applications

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Hope has previously been a construct more of interest to philosophy and religion than in psychology. New research has shown, however, that hope is closely related to optimism, feelings of control, and motivation toward achieving one's goals. The **Handbook of Hope** presents a comprehensive overview of the psychological inquiry into hope, including its measurement, its development in children, how its loss is associated with specific clinical disorders, and therapeutic approaches that can help instill hope in those who have lost theirs. A final section discusses hope in occupational applications: how the use of hope can make one a better coach, teacher, or parent.

Key Features

- * Defines hope as a construct and describes development of hope through the lifespan
- * Provides multiple instruments for measuring hope
- * Guides professionals in how to assess hope levels & implement hope as part of therapy
- * Relates hope to all portions of the population
- * Includes case studies, figures, and tables to aid understanding of research findings and concepts; discusses the importance of hope to relationships, achieving goals, and success at work

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Harrison Bowman:

What is your hobby? Have you heard that question when you got college students? We believe that that issue was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. So you know that little person just like reading or as reading become their hobby. You should know that reading is very important and also book as to be the matter. Book is important thing to incorporate you knowledge, except your own personal teacher or lecturer. You see good news or update with regards to something by book. Amount types of books that can you go onto be your object. One of them is niagra Handbook of Hope: Theory, Measures, and Applications.

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