

Download Positive Neuropsychology

POSITIVE NEUROPSYCHOLOGY is about helping people live their best possible life...using what we know about the brain as the foundation to unlock human potential and remove barriers, optimize environments, and help people live with success and joy. Provides evidence-based conceptual shift in neuropsychology that appeals to clinical and academic neuropsychologists interested in promoting cognitive health Taps into excitement surrounding positive psychology within the neuropsychology field Synthesizes existing research related to cognitiveA recent volume defines positive neuropsychology as a field that "... incorporates positive psychology principles and aims to promote cognitive health through various means..." (Randolph, 2013). I believe an even broader definition may be warranted, extending beyond cognitive health, to consider any method to promote well-being that leverages knowledge about the brain .This book offers a blueprint for the burgeoning subfield of positive neuropsychology,proposing an alternative, evidence-based perspective on neuropsychology that incorporates positive psychology principles and a focus on promotion of cognitive health.