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being and mental health throughout the lifespan. From childhood to old age, accumulating evidence documents the wide array of psychological, physical, and relational benefits associated with gratitude.

16 Why Gratitude
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positive psychology
has come a long way in

the past decade. **Designing Positive** Psychology: Taking Stock and Moving Forward is a superbly rich book that presents a vast set of ideas and research findings. Following on from my recent ESF meeting, I would certainly love to invite all of the contributors to Ireland to present their ideas and

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