Positive Psychology at the Movies is conceived for educators, students, practitioners, and researchers, but anyone who loves movies and wants to change their lives for the better will find it inspiring and relevant.

Positive psychology is regarded as one of the most important developments in the field of psychology over the past century. This inspiring book uses movies as a medium for learning about the latest research and concepts, such as mindfulness, resilience, meaning, positive relationships, achievement, well-being, as well as the 24 character strengths laid out by the VIA Institute of Character.

Films offer myriad examples of character strengths and other positive psychology concepts and are uniquely suited to learning about them and inspiring new ways of thinking. This book systematically discusses each of the 24 character strengths, balancing film discussion, related psychological research, and practical applications. Each chapter outlines Key Concepts, Relevant Research, an Exemplar from a key movie, Overuse/Underuse, Key Enablers and Inhibitors, Practical Applications, International Cinema, and a Summary. Watching the films recommended in this book will help the reader to practice the skill of strengths-spotting in themselves and others, inspiring self-improvement. Practical resources include a suggested syllabus for a complete positive psychology course based on movies, a list of suitable movies for children, adolescents, and families as well as a list of questions for classroom and therapy discussions.