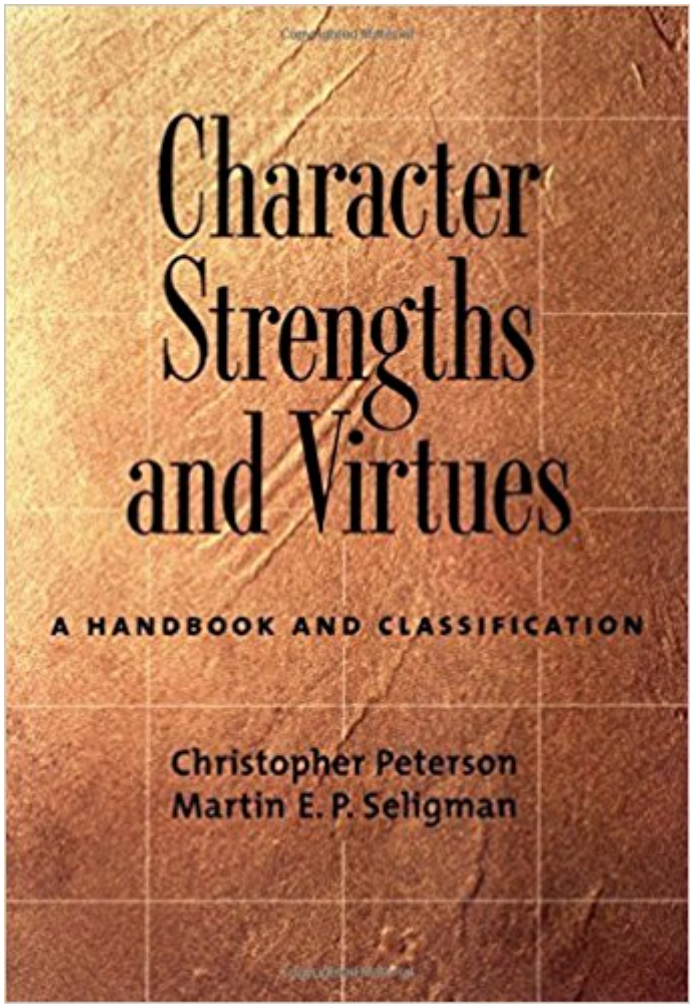
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Character Strengths And Virtues: A Handbook And Classification



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Synopsis

"Character" has become a front-and-center topic in contemporary discourse, but this term does not have a fixed meaning. Character may be simply defined by what someone does not do, but a more active and thorough definition is necessary, one that addresses certain vital questions. Is character a singular characteristic of an individual, or is it composed of different aspects? Does character--however we define it--exist in degrees, or is it simply something one happens to have? How can character be developed? Can it be learned? Relatedly, can it be taught, and who might be the most effective teacher? What roles are played by family, schools, the media, religion, and the larger culture? This groundbreaking handbook of character strengths and virtues is the first progress report from a prestigious group of researchers who have undertaken the systematic classification and measurement of widely valued positive traits. They approach good character in terms of separate strengths-authenticity, persistence, kindness, gratitude, hope, humor, and so on-each of which exists in degrees. Character Strengths and Virtues classifies twenty-four specific strengths under six broad virtues that consistently emerge across history and culture: wisdom, courage, humanity, justice, temperance, and transcendence. Each strength is thoroughly examined in its own chapter, with special attention to its meaning, explanation, measurement, causes, correlates, consequences, and development across the life span, as well as to strategies for its deliberate cultivation. This book demands the attention of anyone interested in psychology and what it can teach about the good life.

Book Information

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Customer Reviews

"Essential. Upper-division undergraduates and above, especially those interested in positive psychology." --Choice"Peterson and Seligman’s Character Strengths and Virtues adds a needed balance to the psychological literature. Topics such as character and virtue have too long been only in the domains of moral philosophy and politics. This work provides a needed psychological foundation for studying some of the attributes that are most important to a world that is foundering on the shoals of wars, terrorism, and atrocities. I recommend the book very highly."-Robert J. Sternberg, IBM Professor of Psychology and Education, Yale University; Director, Center for the Psychology of Abilities, Competencies, and Expertise (PACE Center), Yale University; Past President, American Psychological Association"Peterson and Seligman’s endeavor to focus on human strengths and virtues is one of the most important initiatives in psychology of the past half century. I am pleased to have had the opportunity to make a small contribution to this paradigm-changing effort."-Howard Gardner, Hobbs Professor of Education and Cognition, Harvard Graduate School of Education"The book helps, in other words, with a coherent conversation about human qualities or character. Perhaps it can ultimately help people to remain ’attached to their values’ as well."--Family Medicine

Christopher Peterson is at University of Michigan. Martin E. P. Seligman is at University of Pennsylvania.

This book offers more to the mental health clinician than the DSM ever could. The authors carefully define a set of positive attributes... so much so that the book can be used to diagnose bravery, creativity, leadership, or any of the other attributes that made their list. Furthermore, the book details how to encourage or teach each of the attributes. It is an invaluable tool for anyone interested in understanding and/or improving the human condition. This book needs more airtime and is the perfect alternative to the DSM.

Not exactly electrifying reading, but clear academic prose. The font size is reasonable. The book is built to last a very long time. Lots of research clearly went into it. If the subject interests you, I wouldn’t hesitate to buy it. If you don’t mind previous owners’ underlining, which I don’t, a used copy would seem appropriate. (I don’t see how you could read this book and remember it without underlining. It’s fully packed.)

This book provides so much great insight and detail that has helped me in my coaching practice to help others identify strengths that help them become more successful. Totally worth the money it costs, as you get so much great, helpful information.

This is a very long, highly detailed academic book on the positive psychology approach to strengths, that goes into great depth on the etiology of character strengths and virtues. If you have a professional or academic reason to understand everything you possibly can about strengths-based psychology, this is the book to read. If you just want personal knowledge of your own strengths, reader Strengths Finder 2.0 by Donald Clifton.

If you are new to the discipline of Positive Psychology, as I was when I purchased this tome, I recommend you save your money. I found it to be a nice collection of wisdom and philosophy regarding character strengths and virtues; thorough and well organized; but not useful when applying the technology and philosophy of Positive Psychology. While CSV is clearly written from a positive perspective vis a vis the DSM, it is nowhere near the level of sophistication necessary for diagnosis and treatment as is the present day DSM-5 or ICD-10. Considerable reduction and formulation of the key behavioral correlates needs to take place, as has been done with the DSM for 30+ years, before this ambitious work is ready for prime time. There are other works available that are more useful several of which may be purchased for the cost of this book.

Not that I've read it all. I like Seligman's work. I love that this is the mirror to the handbook used to diagnose psychological conditions. I'm not part of or trained in that field at all. But after a childhood of being raised by sitcoms that *glorify* jerks (and without a specific church) I wanted a way to really explain and understand all those "Character Strengths and Virtues" for my kid. Okay I don't like read it to him. I read it and go, oh yeah that is a good quality to have, I think I can get why that would improve a person's life. Another book I wish I had in physical form so I could leave it around for curious minds.

A true scholarly endeavor

The author makes a good effort in organizing and classifying virtues and character strengths. His results provide a lot of clarity in a subject matter full of subjective opinion and minimal research.

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