This book is designed to serve as a primary text for an undergraduate college course in positive psychology. Positive psychology is a new and rapidly developing area of psychology that hopes to balance psychology's longstanding focus on what goes wrong in people's lives with an understanding of what goes right. Positive psychology addresses important questions about how we lead our lives, find happiness and satisfaction in life, and deal with life's challenges. Our first goal in writing this book was to make positive psychology accessible to undergraduate students by reviewing and summarizing the field's major empirical findings and theories. A second goal was to present the core topics of positive psychology in a way that preserves the richness and excitement of its findings by making frequent connections and applications to the everyday lives of readers.