

Information on the Positive Psychology Workbook for the UNM Mental Health Website:

This is a free PDF of a positive psychology workbook is gift from Bruce W. Smith, Ph.D. in the Department of Psychology at UNM with the help of the Center for Applied Positive Psychology in Albuquerque, NM. It is designed to enable everyone to better cope and make the best of a challenging and stressful time. It is based on the best of the positive psychology class that has been voted the best class at UNM and been shown to decrease anxiety, depression, and stress and increase resilience, hope, happiness, and well-being. You can download as many copies as you like for yourself and others and/or purchase a hard copy of the 231 page workbook at Amazon.com for the minimal no profit cost of \$6.23.

Here is the link where you can download the workbook for free as many times as you like:

<https://drive.google.com/drive/folders/1eVPov4kbw-2WcYHU51Nbv8wi-aCC3y72?usp=sharing>

This link also has a link and instructions for getting a hard copy at Amazon but you should also be able to find it by entering doing a search on Amazon with the title and name of the author.

From Surviving to Thriving

Bruce W. Smith, Ph.D.



The Positive Psychology Challenge Workbook