



## **Positive Neuropsychology: Evidence-Based Perspectives on Promoting Cognitive Health**

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# Positive Neuropsychology: Evidence-Based Perspectives on Promoting Cognitive Health

## Positive Neuropsychology: Evidence-Based Perspectives on Promoting Cognitive Health

Psychology and many of its subfields have seen a significant shift over the past 10-12 years toward a focus on hope, positive attributes, and character strengths through the positive psychology movement. This book provides a blueprint for a burgeoning subfield in neuropsychology?positive neuropsychology. It proposes an alternative, evidence-based perspective on neuropsychology that incorporates positive psychology principles and a focus on promotion of cognitive health. It synthesizes existing research and provides novel perspectives on promotion of cognitive health in clinical, nonclinical, and academic settings. This work is a resource and reference for neuropsychologists, allied professionals, and students who see the critical role neuropsychologists can play in maintaining, promoting, and being mindful of cognitive health.

### TARGETED MARKET SEGMENTS

Neuropsychologists, health psychologists, geriatricians, rehabilitation specialists, clinical psychologists

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