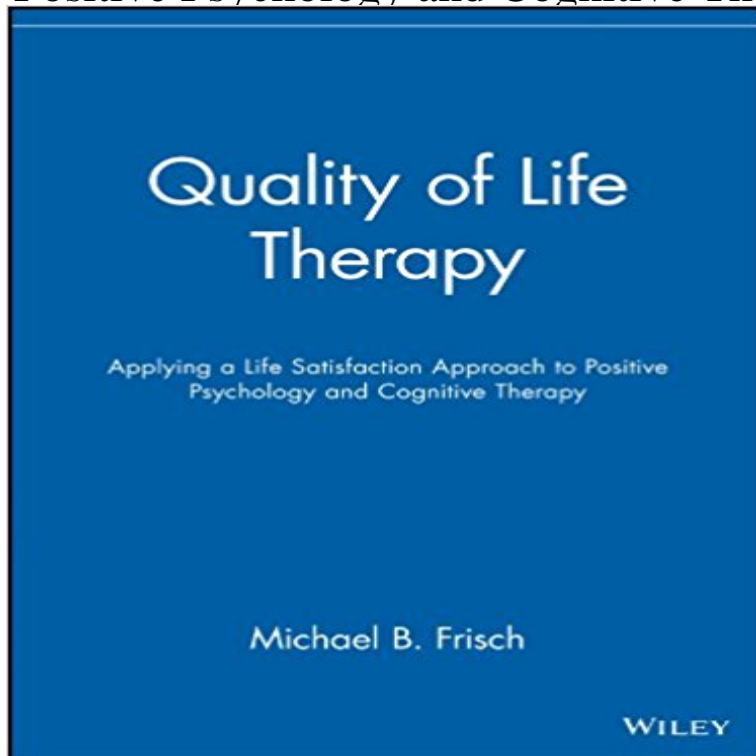


# Quality of Life Therapy: Applying a Life Satisfaction Approach to Positive Psychology and Cognitive Therapy



Note: Book no longer includes a CD-ROM, but the files are available online for download for both book and ebook purchasers at [www.wiley.com/go/frisch](http://www.wiley.com/go/frisch). This book defines an approach to well-being and positive psychology, that is state-of-the-art, evidence-based, empirically validated, and an outstanding guide for anyone interested in learning about the practice of positive psychology or well-being. Ed Diener, the world authority on happiness from the University of Illinois and President of the International Positive Psychology Association. Endorsed by Christopher Peterson of the University of Michigan and taught in Marty Seligmans Masters in Applied Positive Psychology (MAPP) Program at the University of Pennsylvania, this book teaches a simple, step-by-step method for putting the fields of well-being and positive psychology into practice. It is a one-stop shopping manual with everything you need in one book and with one approach. This approach to greater happiness, meaning, and success is evidence-based and empirically validated. It has been successfully tested in three randomized controlled trials, including two NIH-grant funded trials conducted by James R. Rodrigue and his colleagues at Beth Israel and Harvard Medical Centers in Boston. Quality of Life Therapy also known as Quality of Life Therapy and Coaching or QOLTC is designed for use by therapists, coaches, organizational change-agents/consultants, and all professionals who work to improve peoples well-being. Many laypersons and clients have found the book useful as well. This book explains the Sweet 16 Recipe for Joy and Success, along with validated interventions for each: 1. Basic Needs or Wealths: Health, Money, Goals-and-Values/Spiritual Life, Self-Esteem 2. Relationships: Love, Friends, Relatives, and Children 3. Occupations-Avocations: Work and

Retirement Pursuits, Play, Helping-Service,  
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