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the positive approach

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| **Across**  **2.** there are four traits of happy people according to Myers and Diener. name the trait that consists of being outgoing and happy around others  **8.** how many desirable lives are there according to Seligman?  **9.** the methodology used in the Who is Happy study  **10.** according to Seligman, happiness is NOT a result of good... | **Down**  **1.** what does SWB stand for?  **3.** the positive approach believes that humans have ...  **4.** what subjective meta-analysis method did Maslow create to measure happiness?  **5.** what does mindful breathing focus on?  **6.** what is the concept of becoming involved in an activity that makes other things matter less  **7.** the five-fold model of life satisfaction |