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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  |