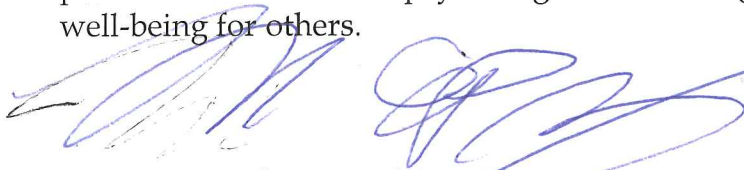


I recommend the MAPP program in Poland founded by Dr Marlena Kossakowska in 2011 at the University of Social Sciences and Humanities in Sopot and Wroclaw. It is a useful educational proposal for people who believe that well-being and happiness depend on their own choices and that they are able to use their signature strengths and virtues in the service of something much larger than they are.

In my book *Flourish* (*Pelnia zycia* in Polish) I describe positive education, positive corporations and positive health. Learning that you can have more of these things is life changing. You may be able to make significant changes in your personal and professional life toward psychological well-being during MAPP classes and promote well-being for others.



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June 12, 2014