



Frailty, Suffering, and Vice

Flourishing in the Face of Human Limitations

Blaine J. Fowers, Frank C. Richardson, and Brent D. Slife

This work addresses the human condition in its entirety and discusses the pathways to flourishing in light of the everyday limitations that we all must face. How do we realize our best selves and flourish in the face of human frailty, vice, and suffering? The authors address what they call the “breathless optimism” of positive psychology in this unique and approachable volume filled with original research and case studies. This book explains how human dependency, limits, and suffering are not just negatives to be overcome. Rather they are part of our journey towards healing and personal development.

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