

Should the Study of Modern Psychology and Positive Psychology be Encouraged?

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Haris Demetriadis discusses a range of modern psychology in his book *Epicurus and the Pleasant Life: A Philosophy of Nature* – from Freud to existential psychology to cognitive psychology – to the positive psychology of, especially, Mihaly Csikszentmihalyi (Chapter 7: “The Psychological Approaches to Happiness”). On “positive psychology,” he comments: “Positive psychology focuses on the achievement of a pleasurable life, rather than on treating mental illnesses.”

In his Preface he says: "This book seeks to reintroduce pleasure as our innate guide to living a healthy and happy life. A simple yet powerful assertion based on empirical data, which stands up to the strictest scrutiny." (He also has an early chapter on the biology and chemistry of brain function and consciousness.)

I wouldn't say “should” (or “shoudn't”). For some it might be helpful.