

CONTENTS

Contributors xiii

SECTION I: BACKGROUND

- 1 Introduction to a “Manual of the Sanities” 3
- 2 Universal Virtues?—Lessons From History 33
- 3 Previous Classifications of Character Strengths 53

SECTION II: STRENGTHS OF CHARACTER

Strengths of WISDOM AND KNOWLEDGE

- Introduction 93
- 4 Creativity [Originality, Ingenuity] 109
 - 5 Curiosity [Interest, Novelty-Seeking,
Openness to Experience] 125
 - 6 Open-Mindedness [Judgment, Critical Thinking] 143
 - 7 Love of Learning 161
 - 8 Perspective [Wisdom] 181

Strengths of COURAGE

- Introduction 197
- 9 Bravery [Valor] 213
- 10 Persistence [Perseverance, Industriousness] 229
- 11 Integrity [Authenticity, Honesty] 249
- 12 Vitality [Zest, Enthusiasm, Vigor, Energy] 273

Strengths of HUMANITY

- Introduction 291
- 13 Love 303
- 14 Kindness [Generosity, Nurturance, Care, Compassion, Altruistic Love, "Niceness"] 325
- 15 Social Intelligence [Emotional Intelligence, Personal Intelligence] 337

Strengths of JUSTICE

- Introduction 355
- 16 Citizenship [Social Responsibility, Loyalty, Teamwork] 369
- 17 Fairness 391
- 18 Leadership 413

Strengths of TEMPERANCE

- Introduction 429
- 19 Forgiveness and Mercy 445
- 20 Humility and Modesty 461

21 Prudence 477

22 Self-Regulation [Self-Control] 499

Strengths of TRANSCENDENCE

Introduction 517

23 Appreciation of Beauty and Excellence
[Awe, Wonder, Elevation] 537

24 Gratitude 553

25 Hope [Optimism, Future-Mindedness,
Future Orientation] 569

26 Humor [Playfulness] 583

27 Spirituality [Religiousness, Faith, Purpose] 599

SECTION III: CONCLUSIONS

28 Assessment and Applications 625

References 645

Index of Names 763

Subject Index 789