

Примечания

Введение

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Часть I. Почему игры делают нас лучше

1. Цифра в один миллиард основана на изучении более 20 всемирных демографических и экономических отчетов по игре, включая Демографический отчет 2014 года от Entertainment Software Association и Отчет по всемирному рынку игр 2013 года от Newzoo, в котором говорится

- об 1,23 миллиарда активных игроков в видеоигры по всему миру. Из них 192 миллиона проживают в Северной Америке, 446 миллионов в Европе, на Среднем Востоке и в Африке, 477 миллионов в Азии и 116 миллионов в Латинской Америке.
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Глава 1. Вы сильнее, чем думаете

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Глава 2. Рядом с вами потенциальные союзники

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Глава 3. Вы — герой собственной истории

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Глава 5. Бросьте себе вызов

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Глава 9. Союзники

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Глава 10. Тайная личность

1. Я рекомендую следующие онлайн-генераторы имен www.seventhsanctum.com/index-name.php, а также полезную статью «Полезные советы по созданию имен супергероев и суперзлодеев» по ссылке www.springhole.net/writing/naming-superheroes-and-supervillains.htm.
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Часть III. Приключения

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 7. Я узнала об этой практике напрямую от доктора Бисваса-Динера на его семинаре по вмешательству сильных сторон в работу и отношения на Втором мировом конгрессе по позитивной психологии, прошедшем в Филадельфии в июне 2011 года. Другой ресурс с техниками по обнаружению сильных сторон — его учебник по коучингу в психологии: *Robert Biswas-Diener.* *Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success*. Hoboken, NJ: John Wiley and Sons, 2010. См. также: *Ryan M. Niemiec.* *VIA Character Strengths: Research and Practice*

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