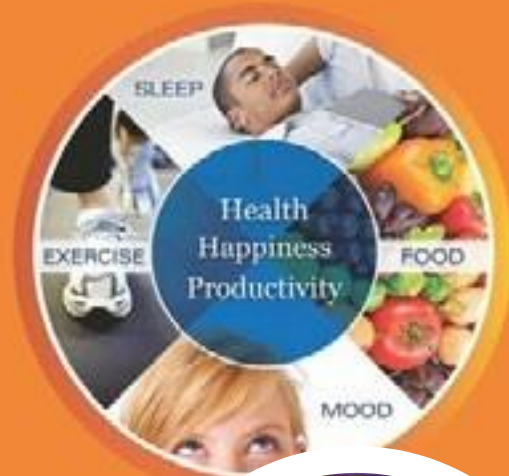




Smarts and Stamina

Marie-Josée Shaar/Kathryn Britton



Kathryn Britton & Marie-Shaar are two specialist in positive psychology who integrate the findings about subjective wellbeing with the data of researches from some physiological activities to promote the wellbeing comprehensively and created the program “Smarts and Stamina.”

The program is organized around a conceptual map or compass, that relates to this topic as it offers a comprehensive vision of the four elements to guide us in our path to health and wellbeing.

Kathryn Britton and Marie-Josée Shaar have created the program “*Smarts and Stamina.*”