

Sandip Roy

Paul T. P. Wong is a positive psychologist in an extraordinary way - he developed a new paradigm of flourishing via acceptance of suffering. This may seem to contradict the very idea of "positive" in positive psychology, but he has successfully critiqued the branch, showing why no happiness is complete unless we have explored meaning through suffering. More remarkably, he has done so almost single-handedly, with calm persistence rather than by shouting down other people's voices. As we approach an economic recession in 2023, his research and teachings will help many of us understand why living out our struggles would prove vital for our overall life satisfaction later on.