



# Handbook of Hope: Theory, Measures, and Applications

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Hope has previously been a construct more of interest to philosophy and religion than in psychology. New research has shown, however, that hope is closely related to optimism, feelings of control, and motivation toward achieving one's goals. The **Handbook of Hope** presents a comprehensive overview of the psychological inquiry into hope, including its measurement, its development in children, how its loss is associated with specific clinical disorders, and therapeutic approaches that can help instill hope in those who have lost theirs. A final section discusses hope in occupational applications: how the use of hope can make one a better coach, teacher, or parent.

### Key Features

- \* Defines hope as a construct and describes development of hope through the lifespan
- \* Provides multiple instruments for measuring hope
- \* Guides professionals in how to assess hope levels & implement hope as part of therapy
- \* Relates hope to all portions of the population
- \* Includes case studies, figures, and tables to aid understanding of research findings and concepts; discusses the importance of hope to relationships, achieving goals, and success at work

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