Positive psychology is the scientific study of how people thrive and its goal is to help people lead better lives (MacIntyre and Mercer, 2014). Over the past decades positive psychology has established its place in general psychology. But in the field of second language acquisition (SLA) positive psychology is still in its infancy and little research has focused on its application in this field. So far the only book dealing with the positive psychology theories and their applications and implications in SLA is MacIntyre, Gregersen, and Mercer's (2016) edited volume entitled “Positive Psychology in SLA”.

Positive Psychology Perspectives on Foreign Language Learning and Teaching is a recent collection of articles which theoretically, empirically, and practically investigate the pivotal concerns in foreign language learning and teaching (FLLT) through the lens of positive psychology. This edited volume encompasses four major themes each of which deals with an aspect of positive psychology in FLLT.

Part one of this book...