
**The Characteristics of Positive Psychology in Elahi-nameh
by Attar Neishabouri**

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Abstract

Elahi-nameh by Attar Naishabouri is full of moral, mystical and theological teachings which the author has especially mentioned to anecdotes, tales and various allegories directly or indirectly. Nowadays, some of psychologists bring up some theories that one can find a lot of issues which we have them in our masterpieces in Persian works. Positive psychology based on human talents and abilities, instead of focusing on diseases, could find its place in human culture and sciences. Positive psychology is “the scientific study of what makes life most worth living”, or “the scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural, and global dimensions of life”. Positive psychology is concerned with “the good life”, reflection about what holds the greatest value in life – the factors that contribute the most to a well-lived and fulfilling life. We have studied Elahi-nameh with the aim of recognition and explanation of positive psychological figures and we find out that in spite of this modern theory of Martin Seligman, Attar –the poet and Sufi from 12th century of Persia- has had all these figures in this work and also in other works.

Keywords: Elahi-nameh, Attar, positive psychology, Martin Seligman.

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