

Your Excellencies

Distinguished Guests

As the world is currently witnessing great changes, and as many communities are engulfed in stress and tensions, there arises a pressing need to identify different means and skills to help humans face these mental and emotional strains. This applies in particular to the Arab World today.

Researchers in psychology have started tackling issues that had not been of interest before. They have become central not only to positive psychology, but also to psychology at large and include topics such as virtue, happiness, hope, optimism, forgiveness, positive affect, and mental health.

It is with these reflections in mind, that the idea of a conference on the positive aspects of life emerged. With a prominently multi-disciplinary orientation, “The Positive Aspects of Life” is the first conference on Positive Psychology to be held at Beirut Arab University. The basic credo of the conference relies on the fact that psychology has become an indispensable component, not only of various disciplines and sciences, but also of our daily lives.

The event, therefore, brings together an elite group of scholars from diverse disciplines, from Lebanon, the Arab World and foreign countries. The outcome of their discussions over the coming three days will be part of BAU’s contribution to “The Age of Positive Psychology”.

To conclude, I am keen on following up on the outcomes and recommendations, so that we may create an academic atmosphere enriched with the positive aspects of life.