Appreciative Inquiry, Positive Psychology, and Strengths-based Approach
Resource List for the National Society of Experiential Education (NSEE)

October 2013


**Readings and Videos on Positive Psychology (Univ. of Penn)**

**Selected Press Coverage**

*May 16, 2011, New York Times*, *A New Gauge to See What’s Beyond Happiness*
*September 14, 2011 New York Times Magazine*, *What if the Secret to Success is Failure?*
*December 28, 2011, CNN*, *Making Soldiers Fit in Body and Mind*
*December 14, 2011, PBS NewsHour*, *Army Program Aims to Build Troops' Mental Resilience to Stress*
*July 4, 2011, Washington Post*, *Army Program Works to Make Soldiers Fit in Body and Mind*
*August 17, 2009, New York Times*, *Army will train soldiers to cope with emotions*
*June 24, 2009, U.S. News & World Report*, *Positive Psychology: Power of positive thinking is psychology’s latest focus*
*June 24, 2009, U.S. News & World Report*, *Positive Psychology for Kids: Teaching resilience with positive education*
*December 17, 2006, U.S. News & World Report*, *Get Happy, and You'll Live Longer*
*November 19, 2006, CNN*, *Special on Happiness*
*January 17, 2005, Time Magazine*, *The Science of Happiness (Cover Story & Special Issue)*
*April 30, 2006, BBC*, *The Science of Happiness (Six-Part TV Series on Happiness)*
*October 2, 2005, The Sunday Times Magazine*, *So what do you have to do to find happiness?*
Some Positive Psychology Scholarly Articles

Positive Psychology: An Introduction, Seligman & Csikszentmihalyi, 2000
Positive Psychology Progress: Empirical Validation of Interventions, Seligman, Steen, Park, & Peterson, 2005
What (and Why) Is Positive Psychology?, Gable and Haidt, 2005
A Balanced Psychology and a Full Life, Seligman, Parks, & Steen, 2004
Positive Psychology in Clinical Practice, Duckworth, Steen, & Seligman, 2005
Positive Psychotherapy, Seligman, Rashid, & Parks, 2006
Positive Health, Seligman, 2008
Positive Education: Positive Psychology and Classroom Interventions, Seligman, Ernst, Gillham, Reivich, & Linkins, 2009

Videos on Positive Psychology

Chris Peterson:
What makes life worth living (Part 1), 2011
What makes life worth living (Part 2), 2011

Martin Seligman:
TED talk: The new era of Positive Psychology, 2004
You can make yourself happy, 2003
Interview on Positive Psychology, 2009
Google talk: Positive Psychology, well being, and interventions, 2010
On BBC: Positive Psychology and PERMA, 2011
Flourishing: a new understanding of well being, 2012
Flourish, 2011
Science of well being conference, 2012
On ABC (Australia): Toward a science of human flourishing, with Dalai Lama, 2012
On well being and happiness, 2013

Angela Duckworth:
TED talk: The key to success? Grit, 2013
TED talk: True grit: Can perseverance be taught? 2009
Grit, self-control, and achievement, 2012

Karen Reivich:
On Positive education and well being, 2012

Tal Ben-Shahar:
Happiness 101, 2012
On Positive Psychology, 2012
The power of positivity, 2012

Barry Schwartz:
TED talk: Our loss of wisdom, 2009
TED talk: Using our practical wisdom, 2010
TED talk: The paradox of choice, 2005
TED talk: Why justice isn't enough, 2012
Google talk: Practical wisdom, 2011
Google talk: Why more is less, 2012
Wharton talk: Practical wisdom, 2012
Ed Diener:
On happiness and character strengths, 2011
What you need to be happy, 2010
Happiest place on earth, 2010

Mihaly Csikszentmihalyi:
TED talk: Flow, the secret of happiness, 2004
Flow, creativity, and the evolving self, 2010
Flow, 2010

Jonathan Haidt:
TED talk: The moral roots of liberals and conservatives, 2008

Barbara Fredrickson:
Love: a new lens on the science of thriving, 2012
The science of compassion, 2012
The positivity ratio, 2011
Be positive, not productive, 2011
Positive emotions open our mind, 2011
Positive emotions transform us, 2011
A blueprint for character development, 2010
Using positivity to bounce back from inevitable setbacks, 2010

Sonja Lyubomirsky:
The myths of happiness (Part 1), 2013
The myths of happiness (Part 2), 2013
The how of happiness on Good Morning America, 2008
How to be happy, 2013
Google talk: The how of happiness, 2008

Other Speakers:
Examplars and paragons of positive psychology leaders, 2011
PPC Speaker Series: Karen Armstrong, Joshua Greene and Julia Annas
Applying the Science of Positive Psychology, Claremont Graduate Univ., January 24, 2009
Contact: jackie_harrison@montanapbs.org or chris_seifert@montanapbs.org
Gallup DVD: How to be Happy, with Ed Diener. Contact Sheila Kearney at sheila_kearney@gallup.com
Positive Psychology and Psychotherapy with Martin Seligman Ph.D. and Randall C Wyatt Ph.D.

Some Positive Psychology Handbooks and Textbooks
Character Strengths and Virtues: A Handbook and Classification, by Christopher Peterson & Martin E.P. Seligman
Handbook of Positive Psychology, by C. R. Snyder and Shane J. Lopez
A Primer in Positive Psychology, by Christopher Peterson (Textbook)

Some Positive Psychology Books
Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development, by George E. Vaillant
Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment, by Martin E.P. Seligman
Curious? Discover the Missing Ingredient to a Fulfilling Life by Todd Kashdan
Designing Positive Psychology: Taking Stock and Moving Forward by Kennon Sheldon, Todd Kashdan, & Michael Steger (Editors)
The Eudaimonic Turn: Well-Being in Literary Studies, James O. Pawelski and D.J. Moores (Editors)
Feeling Good: The Science of Well Being, by C. Robert Cloninger
Flourishing: Positive Psychology and the Life Well-Lived, Edited by Corey L.M. Keyes and Jonathan Haidt
Flow: The Psychology of Optimal Experience, by Mihaly Csikszentmihalyi
Good Business: Leadership, Flow, and the Making of Meaning, by Mihaly Csikszentmihalyi
Handbook of Multimethod Measurement in Psychology, Editors: Ed Diener and Michael Eid
Happiness: Unlocking the Mysteries of Psychological Wealth, by Ed Diener and Robert Biswas-Diener
Happiness: A History, by Darrin M. McMahon
Happiness: Lessons from a New Science, by Richard Layard
The Happiness Hypothesis, by Jonathan Haidt
Happiness: What Studies on Twins Show Us about Nature, Nurture, and the Happiness Set Point, by David T. Lykken
Human Accomplishment: The Pursuit of Excellence in the Arts and Sciences, 800 B.C. to 1950, by Charles Murray
Introduction to Positive Psychology, William Compton
Learned Optimism: How to Change Your Mind and Your Life, by Martin E.P. Seligman
Optimal Human Being: An Integrated Multi-Level Perspective, by Kennon M. Sheldon
The Optimistic Child, by Martin E. P. Seligman, Karen Reivich, Lisa Jaycox, & Jane Gillham
Oxford Handbook of Methods in Positive Psychology (Series in Positive Psychology), by Anthony Ong & Manfred Van Dulmen
Positive Psychology in Practice, Edited by P. Alex Linley and Stephen Joseph
Positive Therapy, by Stephen Joseph and P. Alex Linley
Positive Psychology: The Scientific and Practical Explorations of Human Strengths, by C.R. Snyder and Shane J. Lopez
Positivity: Groundbreaking Research Reveals How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive, by Barbara Fredrickson
The Progress Paradox: How Life Gets Better While People Feel Worse, by Gregg Easterbrook
The Psychology of Happiness, by Michael Argyle
A Psychology of Human Strengths, Edited by Lisa G. Aspinwall and Ursula M. Staudinger
Pursuing Human Strengths: A Positive Psychology Guide, by Martin Bolt
Pursuit of Happiness, by David G. Myers
Pursuit of Unhappiness: The Elusive Psychology of Well-Being, by Daniel Haybron
Quality of Life Therapy: Applying a Life Satisfaction Approach to Positive Psychology and Cognitive Therapy, by Michael B. Frisch
The Resilience Factor: 7 Essential..., by Karen Reivich and Andrew Shatté
Savoring: A New Model of Positive Experience, by Fred B. Bryant and Joseph Veroff
The Science of Well-Being, by Felicia Huppert, Nick Baylis, and Barry Keverne
Stumbling on Happiness, by Dan Gilbert

Journals
Journal of Positive Psychology
Journal of Happiness Studies

Articles, Columns and Book Chapters by Martin Seligman
Links to APA Monitor Presidential Columns by Dr. Martin E.P. Seligman:
Building Human Strength: Psychology’s Forgotten Mission (1/98)
A Big Step Backward (2/98)
Ethnopolitical Warfare (3/98)
Positive Social Science (4/98)
The Effectiveness of Therapy (5/98)
Striking a Healthy Balance in Ethics (6/98)
The American Way of Blame (7/98)
Work, Love and Play (8/98)
Is Depression Biochemical? (9/98)
What is the Good Life? (10/98)
The Gifted and the Extraordinary (11/98)
Why Therapy Works (12/98)
The President's Address (8/99), in the APA 1998 Annual Report

Other Readings in Positive Psychology
Journal of Humanistic Psychology, Special Issue on Positive Psychology (Winter, 2001) Table of Contents
Positive Psychology, Positive Prevention, and Positive Therapy, Book Chapter by Dr. Martin E.P. Seligman
Positive Clinical Psychology, Book Chapter by Martin E.P. Seligman and Christopher Peterson
Video: Martin E.P. Seligman Lecture on Positive Psychology (after 5 minute intro), September 5, 2001, University of Pennsylvania
NOTE: This video can only be seen by those at the University of Pennsylvania
Positive Psychology Network Concept Paper, Appendix, Bibliography