

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

**October 2013**

- Abram, D. (1997). *The spell of the sensuous: Perception and language in a more-than-human world*. Knopf Doubleday Publishing Group. ISBN-13: 9780679776390.
- Anderson, R. & White, R. (2011). *Business lessons from a radical industrialist*. St. Martin's Press. ISBN-13: 9780312544553.
- Barrett, F. (2012). *Yes to the mess: Surprising leadership lessons from jazz*. Harvard Business Review Press. ISBN-13: 9781422161104.
- Boyatzis, R. & McKee, A. (2005). *Resonant leadership: Renewing yourself and connecting with others through mindfulness, hope, and compassion*. Harvard Business Review Press. ISBN-13: 9781591395638
- Buckingham, M. (2008). *The truth about you*. Thomas Nelson, Inc. ISBN-13: 9781400202263.
- Buckingham, M. & Clifton, D. (2001). *Now, discover your strengths*. Free Press. ISBN-13: 9780743201148
- Barrett, F. J., Cooperrider, D. L. (2001). **Generative Metaphor Intervention: A New Approach for Working with Systems Divided by Conflict and Caught in Defensive Perception**. Appreciative Inquiry: An Emerging Direction for Organization Development (First Edition ed.).
- Bosch, L. (1998). **Exit Interviews With An "Appreciative Eye"**. Lessons from the Field: Applying Appreciative Inquiry.
- Bushe, G., Kassam, A. (2005, May). **When is Appreciative Inquiry Transformational? A Meta-Case Analysis**. Journal of Applied Behavioral Science Vol. 41. 161-181
- Bushe, G. (1999). **Five theories of change embedded in appreciative inquiry**. In Appreciative Inquiry: Rethinking human organization toward a positive theory of change.
- Bushe, G. R. (1998). **Appreciative inquiry with teams**. Organization Development Journal Vol. 16. 41-50
- Bushe, G. R. (1995). **Advances in appreciative inquiry as an organization development intervention**. Organization Development Journal Vol. 13. 14-22
- Cameron, K.S. (2003) *The Deviance Continuum*. University of Michigan. (shown above)
- Cameron, K.S. (2008) "**Positively deviant organizational performance and the role of leadership values**." *Journal of Values Based Leadership*, 1: 67-83.

Cameron, K. (2008). *Positive leadership: Strategies for extraordinary performance*. San Francisco: Berrett-Kohler.

Cameron, K., Dutton, J. & Quinn, R. (Eds.) *Positive organizational scholarship: Foundations of a new discipline*, pp. 296-308. San Francisco: Berrett-Kohler.

Cameron, K. & Spreitzer, G. (2011). *The Oxford Handbook of Positive Organizational Scholarship*. Oxford University Press.

Cooperrider, D., Srivastva, S. (2000). **Appreciative Inquiry in Organizational Life**. Appreciative Inquiry: Rethinking Human Organization Toward a Positive Theory of Change.

Cooperrider, D. L. (2000). **Positive Image, Positive Action: The Affirmative Basis of Organizing**. Appreciative Inquiry: Rethinking Human Organization Toward a Positive Theory of Change. 29 - 53

Cooperrider, D. L., Whitney, D. (1999). **Collaborating for Change: Appreciative Inquiry**. Berrett-Koehler Publishers.

Cooperrider, D. L. (1996). **Resources for getting appreciative inquiry started: An example OD proposal**. Organization Development Practitioner Vol. 28. 23-33

Cooperrider, D. L. (1996). **The Child as Agent of Inquiry**. Organizational Development Practitioner Vol. 28. 5-11

Cooperrider, D. L., Barrett, F., Srivastva, S. (1995). **Social Construction and Appreciative Inquiry: A Journey in Organizational Theory**. Ashgate Publishing: In- Management and Organization: Relational Alternatives to Individualism.

Emmerich, R. (2009). *Thank God it's Monday!: how to create a workplace you and your customers love*. FT Press. ISBN-13: 9780138158057.

Fredrickson, B. (1998). "What good are positive emotions?" *Review of General Psychology*, 2-3, pp. 300-319.

Fredrickson, B. (2009). *Positivity: Top-notch research reveals the 3 to 1 ration that will change your life*. Crown Publishing Group. ISBN-13: 9780307393746.

Gergen, K., Anderson, H., Hoffman, L. (1996). **Is Diagnosis a Disaster?: A Constructionist Trialogue**. Chapter draft for F. Kaslow (Ed.) Relational Diagnosis, Wiley, 1996.

Horne, A. (October 3, 2012). Kim Cameron's deviance continuum. Positive Psychology News Daily. <http://positivepsychologynews.com/news/amanda-home/2012100324032>.

Kashdan, T. (2010). *Curious?: Discover the missing ingredient to a fulfilling life*. HarperCollins Publishers. ISBN-13: 9780061661198.

Ludema, J. (2001). **From Deficit Discourse to Vocabularies of Hope: The Power of Appreciation**. Appreciative Inquiry: An Emerging Direction for Organization Development (First ed.).

Sheth, J., Sisodia, R., Wolfe, D. (2013). *Firms of Endearment: How World-Class Companies Profit from Passion and Purpose*, 2nd Ed. FT Press. ISBN-13: 9780133382594 (Pre-order this edition, available Dec 2013).

Watkins, J. M., Cooperrider, D. L. (2000). **Appreciative inquiry: A transformative paradigm**. Journal of the Organization Development Network Vol. 32. 6-12

Whitney, D., Cooperrider, D. L. (2000). **The appreciative inquiry summit: An emerging methodology for whole system positive change**. Journal of the Organization Development Network Vol. 32. 13-26

## **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](#)

[January 7, 2007, New York Times Magazine, Happiness 101](#)

[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?](#)

[December 24, 2002, The Washington Post, The Happy Heretic](#)

[September 3, 2001, U.S. News & World Report, Happiness Explained: How to Make Yourself Happy \(Cover Story\)](#)

## **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](#)

[TED talk: Religion, evolution, and the ecstasy of self-transcendence, 2012](#)

**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:**

[Exemplars 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](#)

PBS DVD: : Introducing Positive Psychology: Signature Strengths, Flow, and Aging Well; Personal Well-Being, Social Support, Health, and Aging Well.

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Gallup DVD: How to be Happy, with Ed Diener. Contact Sheila Kearney at [sheila\\_kearney@gallup.com](mailto: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  
[The Paradox of Choice: Why More Is Less](#), by Barry Schwartz  
[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](#)