Introducing Positive Psychology –

References

**Introduction**


**Chapter 1 - What is Happiness?**


**Chapter 2 - The Barriers to Well-being**


p.20 *Factors which are more important are...* Fredrickson, B.L. (2000). Extracting meaning from past affective experiences: the importance of peaks, ends, and specific emotions. *Cognition and Emotion, 14*(4), 577–606.


**Chapter 3 - Positive Emotions**


In one study participants were told... Fredrickson, B. L., Mancuso, R. A., Branigan, C, & Tugade, M. (in press). The undoing effect of positive emotions. *Motivation and Emotion.*


As a result psychologists conclude... Fredrickson, B.L. (2009). Ibid.


Positive psychologists have found that it is the frequency... Diener, E., Sandvik, E., & Pavot, W. (1991). Happiness is the frequency, not the intensity, of positive versus negative affect. In F. Strack, M. Argyle, & N. Schwarz (Eds.), *Subjective well-being: An interdisciplinary perspective* (pp. 119-139). New York: Pergamon.


Chapter 4 - Engagement or Flow


Chapter 5 - Positive Relationships


Chapter 6 - Meaning and Purpose


**Chapter 7 - Accomplishment**

p.64 ...final component to be added to Martin Seligman’s... Seligman, M. (2011). *Flourish*. London: Nicolas Brealey.


p.69 Ericsson and colleagues recommend two other tips ... [http://www.coachingmanagement.nl/The%20Making%20of%20an%20Expert.pdf](http://www.coachingmanagement.nl/The%20Making%20of%20an%20Expert.pdf)

**Chapter 8 - Appreciative Inquiry**


p.74 ...over 750 Nutrimental Foods employees and stakeholders in one room... [http://appreciativeinquiry.case.edu/intro/IPOD_draft_8-26-10.pdf](http://appreciativeinquiry.case.edu/intro/IPOD_draft_8-26-10.pdf) [http://appreciativeinquiry.case.edu/intro/bestcasesDetail.cfm?coid=191](http://appreciativeinquiry.case.edu/intro/bestcasesDetail.cfm?coid=191)

**Chapter 9 - Character Strengths**

p.82 ...actually measures the talents that act as the foundations... [http://strengths.gallup.com/private/Resources/CSFTechnicalReport031005.pdf](http://strengths.gallup.com/private/Resources/CSFTechnicalReport031005.pdf)

p.84 A great tip from Alex Linley is to look back... Linley, A. (2008). *Average to A+. Coventry: CAPP Press.*


Chapter 10 - Choice


Chapter 11 - Emotional Intelligence

p.98 Surveys suggest that the vast majority of drivers... http://rds.homeoffice.gov.uk/rds/prgpdfs/brf1200.pdf

p.98 (Home Office reports show that... http://news.bbc.co.uk/1/hi/health/7304505.stm and http://www.angermanage.co.uk/pdfs/boilingpoint.pdf
On top of this, emotional intelligence is linked with... Brackett, M., Crum, A. & Salovey, P. (2009). Emotional intelligence. In S. Lopez (Ed.) The encyclopaedia of positive psychology (pp. 310–315). Chichester: Blackwell Publishing Ltd.


Chapter 12 - Gratitude


**Chapter 13 - Mindfulness**


**Chapter 14 - Mindsets**


**Chapter 15 - Motivation and Goals**


Chapter 16 - Nutrition

In one study, vitamins and other vital nutrients were added to... Gesch, C.B., Hammond, S.M., Hampson, S.E., Eves, A. & Crowder, M.J. (2002). Influence of supplementary vitamins, minerals and essential fatty acids on the antisocial behaviour


p.146 *When we record what we eat as we eat it, we’re often surprised...* [http://news.bbc.co.uk/1/hi/health/6933799.stm](http://news.bbc.co.uk/1/hi/health/6933799.stm)


p.151 *According to the Royal College of Psychiatrists...* [http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/alcoholanddrugs/alcoholourfavouredrug.aspx](http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/alcoholanddrugs/alcoholourfavouredrug.aspx)


p.152 *Recently the British Heart Foundation...* [http://news.bbc.co.uk/1/hi/health/5367822.stm](http://news.bbc.co.uk/1/hi/health/5367822.stm)
...as well as for your blood pressure...

...explore the Slow Food movement...
http://www.slowfood.org.uk/Cms/Page/about-us

**Chapter 17 - Optimism**

...the Velcro construct... Peterson, C. (2006). Ibid.


**Chapter 18 – Physical Exercise**


...government commissioned study predicted...
http://www.bbc.co.uk/health/treatments/healthy_living/fitness/motivation_why.shtml


Chapter 19 - Resilience


The Bike2Work scheme... [http://www.bike2workscheme.co.uk/index.php](http://www.bike2workscheme.co.uk/index.php)

Chapter 20 - Savouring

...the Comprehensive Soldier Fitness programme... [http://csf.army.mil](http://csf.army.mil)


Researchers also suggest that being resilient... Seery, M. D., Holman, E., & Silver, R. (2010). Ibid.


Chapter 21 – Positive Psychology of Time


http://phe.rockefeller.edu/work_less/

p. 194 in Europe about 3.5 hours per day... 


Chapter 22 – Where Next?

Books

This section includes a selection of recommended positive psychology-related books, in alphabetical order of author. All of those listed in the first section are accessible to the lay person, and can be bought for around £10.


Here's a selection of more heavyweight books for those who are interested in reading the research behind positive psychology. Note that these books tend to be more expensive than those listed above, unless you can get a second-hand copy.


