

# ***Positive Psychology – A Practical Guide***

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### **(Icon Books, 2012)**

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## Chapter 18 – Physical Exercise

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p.171 *The Bike2Work scheme...* <http://www.bike2workscheme.co.uk/index.php>

## **Chapter 19 - Resilience**

p.174 *...the Comprehensive Soldier Fitness programme...* <http://csf.army.mil>

p.174 *Resilient people are those who...* Seery, M. D., Holman, E., & Silver, R. (2010). Whatever does not kill us: Cumulative lifetime adversity, vulnerability, and resilience. *Journal of Personality and Social Psychology*, 99(6), 1025-1041.

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p.175 ...*Researchers also suggest that being resilient...* Seery, M. D., Holman, E., & Silver, R. (2010). *Ibid.*

p.177...*people who write about their worst life...* Lyubomirsky, S., Sousa, L. & Dickerhoof, R. (2006). The costs and benefits of writing, talking, and thinking about life's triumphs and defeats. *Journal of Personality and Social Psychology*, 90 (4), 692–708.

p.177 ...*distraction, distancing and disputation...* Seligman, M. (1998). *Learned Optimism*. New York: Pocket Books.

p.180... *psychologist Alan Carr suggests asking yourself...* Carr, A. (2004). *Positive psychology: The science of happiness and human strengths*. London. Routledge.

## **Chapter 20 - Savouring**

p. 184 *Psychologists Fred Bryant and Joseph Veroff...* Bryant, F.B. & Veroff, J.(2007). *Savoring: A new model of positive experience*. Mahwah, NJ, US. Lawrence Erlbaum Associates Publishers.

## **Chapter 21 – Positive Psychology of Time**

p.191 *According to researchers John Robinson...* Robinson, J., & Godbey, G. (2005). Time in our hands. *Futurist*, 39(5), 18–22.

p.192 *Did you know?* Ausubel, J.H., Grubler, A. (1999). 'Working Less and Living Longer: Long-Term Trends in Working Time and Time Budgets'.  
[http://phe.rockefeller.edu/work\\_less/](http://phe.rockefeller.edu/work_less/)

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[http://www.ipb.be/upload/album/AP\\_4077.pdf](http://www.ipb.be/upload/album/AP_4077.pdf)

p.198 *Reseachers have found that people who have...* Boniwell, I., Osin, E., Linley, P.A., & Ivanchenko, G. (2010). A question of balance: Time perspective and well-being in British and Russian samples. *Journal of Positive Psychology*, 5, 24-40.  
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## **Chapter 22 – Where Next?**

p.201...*research evidence suggests that as much as 40%...* Lyubomirsky, S., Sheldon, K.M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, 9(2), 111–131.

## 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.

Boniwell, I. (2008). *Positive Psychology in a Nutshell* (2<sup>nd</sup> edition). London: PWBC.

Carr, A. (2004). *Positive Psychology: The Science of Happiness and Human Strengths*. Hove, East Sussex: Routledge.

Fox Eades, J.M. (2008). *Celebrating Strengths: Building Strengths-Based Schools*. Coventry: CAPP Press.

Grenville-Cleave, B. & Boniwell, I. (2008). *The Happiness Equation: 100 Factors That Can Add to or Subtract from Your Happiness*. Avon, MA: Adams Media.

Layard, R. (2006). *Happiness: Lessons from a New Science*. London: Penguin Books.

Linley, A. (2008). *Average to A+: Realising Strengths in Yourself and Others*. Coventry: CAPP Press.

Nettle, D. (2006). *Happiness - The Science Behind Your Smile*. Oxford: Oxford University Press.

Peterson, C. (2006). *A Primer in Positive Psychology*. Oxford: Oxford University Press.

Seligman, M. (2003). *Authentic Happiness*. London: Nicolas Brealey Publishing.

Style, C. (2011). *Brilliant Positive Psychology*. Harlow: Pearson Education Ltd.

Warr, P. & Clapperton, G. (2010). *The Joy of Work: Jobs, Happiness and You*. Hove, East Sussex: Routledge.

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.

Aspinwall, L.G. & Staudinger, U.M. (2003). *A Psychology of Human Strengths: Fundamental Questions and Future Directions for a Positive Psychology*. Washington D.C.: American Psychological Association.

Linley, P.A. & Joseph, S. (Eds.). (2004). *Positive Psychology in Practice*. New Jersey: Wiley.

Lopez, S.J. & Snyder, C.R. (Eds.). (2006). *Positive Psychological Assessment*. Washington D.C.: American Psychological Association.

Lopez, S.J. & Snyder, C.R. (Eds.). (2006). *Oxford Handbook of Positive Psychology*. Oxford: Oxford University Press.

Ong, A.D. & Van Dulmen, M.H.M. (2007). *Oxford Handbook of Methods in Positive Psychology*. Oxford: Oxford University Press.

Peterson, C. & Seligman, M. (2004). *Character Strengths and Virtues: A Handbook and Classification*. Oxford: Oxford University Press.

Snyder, C.R. & Lopez, S.J. (Eds.). (2005). *Handbook of Positive Psychology*. Oxford: Oxford University Press.

Snyder, C.R. & Lopez, S.J. (Eds.). (2007). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. Thousand Oaks, CA: Sage Publications.

Warr, P. (2007). *Work, Happiness and Unhappiness*. New Jersey: Laurence Erlbaum Associates.