

Positive Psychology Resources 2012

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Overviews

Peterson, C. (2006). *A primer in positive psychology*. New York: Oxford University Press.

Peterson, C. (2013). *Pursuing the good life: 100 reflections on positive psychology*. New York: Oxford University Press.

Webpages

Authentic Happiness Webpage [contains free surveys, including a measure of character strengths, and provides individualized feedback]

www.authentichappiness.org

Positive Psychology Webpage:

www.positivepsychology.org

Positive Organizational Studies Webpage:

www.bus.umich.edu/positive

Psychologically Healthy Workplace Program Webpage:

<http://www.phwa.org>

The Good Life [positive psychology blog by Christopher Peterson]:

<http://blogs.psychologytoday.com/blog/the-good-life>

Books

Cameron, K. S., Dutton, J. E., & Quinn, R. E. (Eds.) (2003). *Positive organizational scholarship: Foundations of a new discipline*. San Francisco: Berrett-Koehler.

Gardner, H., Csikszentmihalyi, M., & Damon, W. (2001). *Good work: When excellence and ethics meet*. New York: Basic Books.

Haidt, J. (2006). *The happiness hypothesis: Finding modern truth in ancient wisdom*. New York: Basic Books.

Lopez, S. J., & Snyder, C. R. (Eds.) (2009). *Oxford Handbook of positive psychology* (2nd ed. New York: Oxford University Press.

Peterson, C. & Seligman, M.E.P. (2004). *Character strengths and virtues: A classification and handbook*. New York: Oxford University Press.

Seligman, M. E. P. (2002). *Authentic happiness*. New York: Free Press.

Academic Journal Articles and Chapters

Bacon, S. F. (2005). Positive psychology's two cultures. *Review of General Psychology, 9*, 181-192.

Diener, E., & Chan, M. Y. (2011). Happy people live longer: Subjective well-being contributes to health and longevity. *Applied Psychology: Health and Well-Being, 3*, 1-43.

Park, N. & Peterson, C. (2008). Positive psychology and character strengths: Its application for strength-based school counseling. *Journal of Professional School Counseling, 12*, 85-92.

Park, N., & Peterson, C. (2009). Achieving and sustaining a good life. *Perspectives on Psychological Science, 4*, 422-428. (a)

Park, N., & Peterson, C. (2009). Strengths of character in schools. In R. Gilman, E. S. Huebner, & M. J. Furlong (Eds.), *Handbook of positive psychology in the schools: Promoting wellness in children and youth* (pp. 65-76). Mahwah, NJ: Erlbaum. (b)

Park, N., Peterson, C., & Brunwasser, S. M. (2009). Positive psychology and therapy. In N. Kazantzis, M. A. Reinecke, & A. Freeman (Eds.), *Cognitive and Behavioral Theories in Clinical Practice*. New York: Guilford.

Peterson, C., & Park, N. (2003). Positive psychology as the evenhanded positive psychologist views it. *Psychological Inquiry, 14*, 141-146.

Ryff, C. D., Singer, B. H., & Love, G. D. (2004). Positive health: Connecting well-being with biology. *Philosophical Transactions: Biological Sciences, 359*, 1383-1394.

Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist, 55*, 5-14.

Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist, 60*, 410-421.