**Happy Hour Resources**

Compiled by Janet Lewis-Muth and Sara Doyle

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**Postivity by Barbara L. Fredrickson (book)**

Fredrickson, Barbara L. *Positivity: Top-Notch Research Reveals the 3-to-1 Ratio That Will Change Your Life*. New York: Three Rivers Press, 2009.

This is an easy read, relies heavily on her research, but is very accessible. The focus is on cultivating positive emotions and why that is important. Great suggestions for everyday life.

**The How of Happiness by Sonja Lyubomirsky (book)**

Lyubomirsky, Sonja. *The How of Happiness: A New Approach to Getting the Life You Want*. New York: Penguin Books, 2007.

Also an easy read that relies on research.  It is a little more prescriptive than Frederickson’s book - but also a little more general.  She gives many different suggestions for how to incorporate “happiness generating” activities into your daily life - based on what will actually fit into your life.

**Learned Optimism by Martin E.P. Seligman (book)**

Seligman, Martin E.P. *Learned Optimism: How to Change Your Mind and Your Life*. New York: Pocket Books, 1990.

One of the earliest works in the positive psychology field. There is an optimism survey in this book. A really nice read if you are at all concerned about depression.

**Authentic Happiness by Martin E.P. Seligman (book)**

Seligman, Martin E.P. *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York: Free Press, 2002.

A great overarching description of what positive psychology is.

**A Primer in Positive Psychology by Christopher Peterson (book)**

Peterson, Christopher. *A Primer in Positive Psychology*. New York: Oxford University Press, 2006.

A textbook on positive psychology - very accessible with lots of great suggestions for activities, movies, songs, etc. to experience positive psychology in many ways.

**Prisoners of Our Thoughts by Alex Pattakos (book)**

Pattakos, Alex. *Prisoners of Our Thoughts*. San Francisco: Berrett-Koehler Publishers, 2008.

Based on Viktor Frankl’s work on finding meaning in life, this book discusses seven principles for finding meaning in work and life.  It has some great ideas for activities, but is also somewhat repetitive.

**Flow: The Psychology of Optimal Experience by Mihaly Csikszentmihaly (book)**

Csikszentmihaly, Mihaly. *Flow: The Psychology of Optimal Experience.* New York: Harper Perennial Modern Classics, 2008.

An extremely accessible look into the work Csikszentmihaly has done on engagement and flow.  His voice is fun to read and not at all full of the jargon that many academics use when writing.  A very “engaging” read.

**Drive: The Surprising Truth About What Motivates Us by Daniel Pink (book, CD, EBook)**

Pink, Daniel. *Drive: The Surprising Truth About What Motivates Us.* New York: Riverhead Trade, 2011.

This book is really designed for leaders in the business world, but I found it incredibly useful as a parent -and recommended it to my husband as an educator. The idea is that work that requires us to think creatively also demands a different kind of motivation - what Pink calls a new operating system (Motivation 3.0). It was a quick and easy read. I bought my own copy after reading the library’s just so I can dog-ear some pages and take a few notes in the margins.

**Thanks! How Practicing Gratitude Can Make You Happier by Robert A. Emmons (book)**

Emmons, Robert A. *Thanks! How Practicing Gratitude Can Make You Happier.* Boston: Houghton Mifflin, 2007.

The early parts of this book are not as accessible as some of the others. It is heavy into research and wanders off into philosophical reflections often.  However, the second half of the book felt much more grounded and useful - including a section on the barriers that make it hard for us to practice gratitude authentically.  I particularly loved the final chapter that gives 10 suggestions for practicing gratitude.

**Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents by Christine Carter (book)**

Carter, Christine. *Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents*. New York: Ballantine Books, 2010.

This book is a gem from start to finish.  It is easy to read, has lots of useful tips, includes the author’s own personal experience as a parent (and as a single mom), and is still grounded in research.  I found it very useful in my own parenting life and think it could easily be translated for use in the youth work setting. I did seem to focus primarily on younger kids (catch them early and build good habits while they are young), though I imagine that most of this still works with older youth as well.  I highly recommend this book!

**The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom by Jonathan Haidt**

Haidt, Jonathan. *The Happiness Hypothesis.* New York: Basic Books, 2006.

I found this book to be such an inspiring read. In each chapter, Haidt takes a concept from ancient wisdom and applies modern science to it - then discusses. It is far more philosophical than “how to”, but I really enjoyed it.

**How Children Succeed: Grit, Curiosity, and the Hidden Power of Character, by Paul Tough (book, CD, EBook)**

Tough, Paul. *How Children Succeed.* Boston: Houghton Mifflin Harcourt, 2012.

Written by journalist Paul Tough (author of *Whatever It Takes*), *How Children Succeed* is a combination of interesting stories and interpretation of science.  I was incredibly skeptical when it was initially recommended to me, but I found it to be a compelling read.  I’m not convinced that every story in the book is an example of positive psychology at work - but taken as a whole there are lessons to be learned in how positive psychology applies in real world settings.

**LOVE  2.0 by Barbara Fredrickson (book)**

Fredrickson, Barbara. *Love 2.0*. New York: Hudson Street Press, 2013.

I consider this book to be a game-changer in the positive psychology field.  Fredrickson has already shown her genius in her first book, *Positivity*, but this one is absolutely ground-breaking.  Fredrickson’s research is amazing - her ability to connect the physiological science and the psychology is absolutely astounding - but her real gift is in her ability to explain it in terms that non-scientists can understand and appreciate.  I was riveted by the book from start to finish. I had to stop reading it at bedtime because it left my mind spinning with ideas and possibilities and did NOT inspire sleep. If you have any interest in improving your own relationships or the way you interact with others, you need to read this book.

**Flourish: A Visionary New Understanding of Happiness and Well-Being by Martin E.P. Seligman (book)**

Seligman, Martin. *Flourish: A Visionary New Understanding of Happiness and Well-Being.* New York: Free Press, 2011.

This book will help you flourish. It builds on Seligman’s work on optimism, motivation and character to show how to get the most out of life as he presents his new concept of well-being.  He describes **PERMA**,, **P**ositive emotion, **E**ngagement, **R**elationships, **M**eaning and **A**ccomplishment, the five building blocks of positive psychology.

**Mindfulness for Beginners: Reclaiming the Present Moment -- and Your Life by Jon Kabat-Zinn (book, CD)**

Kabot-Zinn, Jon. *Mindfulness for Beginners:Reclaiming the Present Moment -- and Your Life.* Boulder CO: Sounds True, Inc., 2011

Despite its title, this is a guide for anyone who wants to learn more about mindfulness, from beginner to someone who has been practicing meditation for years. It explains step by step the practice of meditation  and its attributes, and if you choose the CD version, you can practice meditation while you listen. This title is just one of many by Jon Kabat-Zinn that address mindfulness and meditation practice.

**Mindset by Carol Dweck**

Dweck, Carol. *Mindset: The New Psychology of Success.* New York: Ballantine Books, 2006.

This quick little read can make a world of difference in the way you view your own life, your work world, and your children.  Giving wonderful examples from real life - as well as some interesting stories about popular personalities - Dweck makes that case that we are all learning all the time.  Discovering whether you have a fixed mindset or a growth mindset is just the first step. Learning what to do about it comes next. It felt a little watered down in parts - perhaps too many jabs at some popular figures - but the science is sound and compelling. (A recent meta-analysis on growth mindset interventions makes me wonder if the science is actually as sound as Dweck presents it, but it is still an interesting read.)

**Altered Traits by Daniel Goleman and Richard Davidson**

Goleman, Daniel & Davidson, Richard. *Altered Traits*. New York: Avery, 2017.

This book is a fascinating read about the science of meditation.  Goleman and Davidson do a great job of weaving their own journeys into the story of what we know and don’t know about meditation.  This is a fantastic read for anyone who wants to promote meditation of any kind and for anyone who wants to understand neuroplasticity more deeply.

**Behave: The Biology of Humans at Our Best and Worst by Robert Sapolsky**

Sapolsky, Robert. *Behave: The Biology of Humans at Our Best and Worst.* New York: Penguin Press, 2017.

This is a beast of a book to get through, but it is definitely worth it if you are interested in neuroscience. Sapolsky is a neuroendocrinologist, so his perspective is very different than a positive psychologist, but his quirky asides and passion for neuroscience make it easy to keep reading even through the hard parts.

**Stumbling on Happiness by Daniel Gilbert**

Gilbert, Daniel. *Stumbling on Happiness*. New York: Alfred A. Knopf, 2006.

If you’ve seen Gilbert’s TED Talk, you will recognize his voice in his writing, too. This book looks at all the ways that humans’ ability to imagine the future (and think about the past) impact our thoughts and behaviors - both positively AND negatively.  Turns out, we don’t really know what will make us happy.