

## Further reading

### **Introduction to Positive Psychology**

*Positive Psychology in a Nutshell, 3<sup>rd</sup> edition*

Ilona Boniwell, 2012

*Positive Psychology: The science of happiness and human strengths, 2<sup>nd</sup> edition*

Alan Carr, 2011

*Flourishing: How to achieve a deeper sense of wellbeing, meaning and purpose*

Maureen Gaffney, 2011

*Primer in Positive Psychology*

Chris Peterson, 2006

*Pursuing the Good Life: 100 Reflections on Positive Psychology*

Chris Peterson, 2013

*Flourish: A new understanding of happiness and wellbeing*

Martin Seligman, 2011

*Happier*

Tal Ben-Shahar, 2007

*Even Happier*

Tal Ben-Shahar, 2010

### **Positive Emotions**

*Savouring: A new model of positive experience*

Fred Bryant and Joseph Veroff, 2007

*Thanks! How the new science of gratitude can make you happier*

Robert Emmons, 2007

*Gratitude works! A 21 day program for creating emotional prosperity*

Robert Emmons, 2013

*Positivity*

Barbara Fredrickson, 2009

*Love 2.0*

Barbara Fredrickson, 2013

*Gratitude in Education*

Kerry Howells, 2012

*Gratitude: How to appreciate life's gifts*

Senya Maymin and Kathryn Britton, 2010

*The Book of Awesome*

Neil Pasricha, 2010

*The Book of Even More Awesome*

Neil Pasricha, 2011

### **Character Strengths**

*Average to A+, Realising strengths in yourself and others*

Alex Linley, 2008

*Living Your Strengths*

David Mullen, 2007

*Positive Psychology at the Movies: Using films to build character strengths*

Ryan Niemiec, 2008

*Character Strengths and Virtues: A Handbook and Classification of Human Strengths*

Christopher Peterson and Martin Seligman, 2004

*Smart Strengths: Building Character, Resilience and Relationships in Youth*

John Yeager, Sherri Fisher and Dave Shearon, 2011

### **Positive Health**

*Change Your Thinking*

Sarah Edelman, 2006

*Meditation Capsules: A mindfulness program for children*

Janet ETTY-Leal, 2010

*The Essence of Health*

Chris Hassed, 2008

*Developing Resilience: A Cognitive Behavioural Approach*

Michael Neenan, 2009

*Spark: The Revolutionary New Science of Exercise and the Brain*

John Ratey, 2008

*The Resilience Factor: 7 keys to finding your inner strength*

Karen Reivich and Andrew Shatté, 2003

*They are what you feed them: How Food Can Improve Your Child's Behaviour, Mood and Learning*

Alex Richardson, 2006

*Learned Optimism: How to change your mind and your life*

Martin Seligman, 1992, 2006

*The Optimistic Child*

Martin Seligman, 1996, 2007

*The Whole-Brain Child*

Daniel Siegel and Tina Payne Bryson, 2012

*Mindsight: The new science of personal transformation*

Daniel Siegel, 2010

*Resilience: The Science of Mastering Life's Greatest Challenges*

Steven Southwick and Dennis Charney, 2012

*Resilience: Why things bounce back*

Andrew Zolli and Ann Marie Healy, 2012

### **Positive Relationships**

*The Age of Empathy: Nature's lessons for a kinder society*

Frans De Wall, 2009

*Dignity*

Donna Hicks, 2013

*How Full is Your Bucket?*

Tom Rath and Donald Clifton, 2004

*The Relationship Cure: Strengthening your marriage, family and friendships*

John Gottman, 2002

*Emotional Intelligence: Why it can matter more than IQ (10<sup>th</sup> anniv. Ed)*

Daniel Goleman, 2006

## **Positive Purpose**

*The Path to Purpose*  
William Damon, 2009

*Man's Search for Meaning*  
Viktor Frankl, 2006

*Reaching Out Messages of Hope*  
Mariah Kennedy, 2013

*The Human Quest for Meaning*  
Paul Wong, 2012

## **Positive Accomplishment**

*Mindset: The new psychology of success*  
Carol Dweck, 2006

*Grit: The skills of success and how they are grown*  
Yvonne Roberts, 2009

*Bounce: The myth of talent and the power of practice*  
Matthew Syed, 2010

*How children succeed: Grit, curiosity and the hidden power of character*  
Paul Tough, 2012

## **Positive Engagement**

*Flow: The psychology of optimal experience*  
Mihaly Csikszentmihalyi, 1990, 2008

*Active learning: Increasing flow in the classroom*  
Pat Hollingsworth and Gina Lewis, 2006

*The Power of Full Engagement: Managing energy not time*  
Jim Loehr and Tony Schwartz, 2004

*The Element: How finding your passion changes everything*  
Ken Robinson, 2009

## **Living Positive Psychology**

*Rediscovering the Greatest Human Strength: Willpower*

Roy Baumeister and John Tierney, 2011

*The Power of Habit: Why we do what we do in business and life*

Charles Duhigg, 2012

*Tipping Point: How little things can make a big difference*

Malcolm Gladwell, 2002

*The How of Happiness*

Sonja Lyubomirsky, 2007

*The Myths of Happiness*

Sonja Lyubomirsky, 2013

*The Fifth Discipline: The Art and Practice of the learning organisation*

Peter Senge, 2006

## **Positive Education**

*Personal Well-Being Lessons for Secondary Schools: Positive Psychology in Action for 11 to 14 Year Olds*

Ilona Bonniwell and Lucy Ryan, 2010

*The Social Neuroscience of Education*

Louis Cozolino, 2013

*Mindset: The new psychology of success*

Carol Dweck, 2006

*Meditation Capsules: A mindfulness program for children*

Janet ETTY-Leal, 2010

*Classroom tales: Using storytelling to build emotional, social and academic skills across the primary curriculum*

Jenny Fox-Eades, 2006

*Celebrating strengths: Building strengths-based schools*

Jenny Fox-Eades, 2008

*Building Resilience in Children and Teens: Giving Kids Roots and Wings*

Kenneth Ginsburg, 2006, 2011

*Active learning: Increasing flow in the classroom*

Pat Hollingsworth and Gina Lewis, 2006

*Gratitude in Education*

Kerry Howells, 2012

*Visible learning: A synthesis of over 800 meta-analyses relating to achievement*

John Hattie, 2009

*Building Happiness, Resilience and Motivation in Adolescents: A Positive Psychology Curriculum for Well-Being*

Ruth MacConville and Tina Rae, 2012

*The BOUNCE BACK! A wellbeing and resilience program*

Helen McGrath and Toni Noble, 2011

*Teaching Happiness and wellbeing in schools: Learning to ride elephants*

Ian Morris, 2009

*Positive Psychology at the Movies: Using films to build character strengths*

Ryan Niemiec, 2008

*Happiness and Education*

Nel Noddings, 2003

*Positive Psychology in the Elementary School Classroom*

Patty O'Grady, 2013

*Character Strengths and Virtues: A Handbook and Classification of Human Strengths*

Christopher Peterson and Martin Seligman, 2004

*Spark: The Revolutionary New Science of Exercise and the Brain*

John Ratey, 2008

*How Full is Your Bucket? For Kids*

Tom Rath and Mary Reckmeyer, 2009

*The Resilience Factor: 7 keys to finding your inner strength*

Karen Reivich and Andrew Shatté, 2003

*Grit: The skills of success and how they are grown*

Yvonne Roberts, 2009

*Circle time for emotional literacy*

Sue Roffey, 2006

*The Fifth Discipline: The Art and Practice of the learning organisation*

Peter Senge, 2006

*How children succeed: Grit, curiosity and the hidden power of character*

Paul Tough, 2012

*Smart Strengths: Building Character, Resilience and Relationships in Youth*

John Yeager, Sherri Fisher and Dave Shearon, 2011