

## Flourish

### Recommended Journal Articles

- Fredrickson, B. L., & Losada, M. F. (2005). Positive affect and the complex dynamics of human flourishing. *American Psychologist*, 60(7), 678-686.  
Available online from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3126111/>
- Gable, S. L., & Haidt, J. (2005). What (and why) is positive psychology? *Review of General Psychology*, 9, 103-110.  
Available online from: <http://changeformchildren.co.uk/uploads/positive-psychology-what-and-how.pdf>
- Huppert, F., & So, T. (2012). Flourishing across Europe: Application of a new conceptual framework for defining well-being. *Social Indicators Research*, 1-25.  
Available online from: <http://www.springerlink.com/content/4858x2122m1n1211/>
- Keyes, C. L. M. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43, 207-222.  
Available inline from:  
<http://education.ucsb.edu/janeconoley/ed197/documents/Keyesmentalhealthcontinuum.pdf>
- Keyes, C. L. M. (2007). Promoting and protecting mental health as flourishing: A complementary strategy for improving national mental health. *American Psychologist*, 62, 95-108.  
Available online from:  
<http://gucchdgeorgetown.net/data/documents/June%2008%20main%20feature%20PromotProtectMHealthCoreyKeyes2007.pdf>
- Keyes, C. L. M., & Annas, J. (2009). Feeling good and functioning well: Distinctive concepts in ancient philosophy and contemporary science. *Journal of Positive Psychology*, 4, 197-201.  
Available online from: <http://www.midus.wisc.edu/findings/pdfs/757.pdf>
- Keyes, C. L. M., Shmotkin, D., & Ryff, C. D. (2002). Optimizing well-being: The empirical encounter of two traditions. *Journal of Personality and Social Psychology*, 82(6), 1007-1022.  
Available online from: <http://www.midus.wisc.edu/findings/pdfs/62.pdf>
- Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55, 68-78.  
Available online from: <http://www.groups.psychology.org.au/Assets/Files/SDT.pdf>

Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69, 719-727.

Available online from: <http://www.midus.wisc.edu/findings/pdfs/830.pdf>

Ryff, C. D., & Singer, B. H. (2008). Know thyself and become what you are: A eudaimonic approach to psychological well-being. *Journal of Happiness Studies*, 9(1), 13-39.

Available online from: <http://www.aging.wisc.edu/pdfs/16.pdf>