

Positive Emotions

Recommended Journal Articles

- Bryant, F. B. (2003). Savoring Beliefs Inventory (SBI): A scale for measuring beliefs about savouring. *Journal of Mental Health, 12*, 175-196.
Available online from:
http://www.carolinemiller.com/info/Savoring_Belief_Inventory_Bryant.pdf
- Danner, D. D., Snowdon, D. A., & Friesen, W. V. (2001). Positive emotions in early life and longevity: Findings from the nun study. *Journal of Personality and Social Psychology, 80*, 805-813.
Available online from: <http://www.apa.org/pubs/journals/releases/psp805804.pdf>
- Fredrickson, B. L. (2004). The broaden-and-build theory of positive emotions. *Philosophical Transactions of the Royal Society B: Biological Sciences, 359*, 1367-1377.
Available online from: <http://rstb.royalsocietypublishing.org/content/359/1449/1367.full.pdf>
- Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology, 95*, 1045-1062.
Available online from:
<http://www.unc.edu/peplab/publications/Fredrickson%20et%20al%202008.pdf>
- Froh, J. J., Kashdan, T. B., Ozimkowski, K. M., & Miller, N. (2009). Who benefits the most from a gratitude intervention in children and adolescents? Examining positive affect as a moderator. *Journal of Positive Psychology, 4*, 408-422.
Available online from:
http://people.hofstra.edu/jeffrey_j_froh/fall%202009%20web/froh%20article%20PDF_JOP%20final%20proof-1.pdf
- Froh, J. J., Sefick, W. J., & Emmons, R. A. (2008). Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being. *Journal of School Psychology, 46*, 213-233.
Available online from:
http://people.hofstra.edu/jeffrey_j_froh/files/JSP523_Final_2.11.08.pdf

- Lyubomirsky, S., King, L., & Diener, E. (2005). The benefits of frequent positive affect: Does happiness lead to success? *Psychological Bulletin*, 131, 803-835.
Available online from: <http://www.faculty.ucr.edu/~sonja/papers/LKD2005.pdf>
- Pressman, S. D., & Cohen, S. (2005). Does positive affect influence health? *Psychological Bulletin*, 131, 925-971.
Available online from: <http://www.wisebrain.org/papers/PosAffectHealth.pdf>
- Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60, 410-421.
Available from: <http://michaelmurphypsychologies.com/seligman05ppprogressarticle.pdf>
- Wood, A. M., Froh, J. J., & Geraghty, A. W. A. (2010). Gratitude and well-being: A review and theoretical integration. *Clinical Psychology Review*, 30, 890-905.
Available online from:
http://people.hofstra.edu/jeffrey_j_froh/spring%202010%20web/gratitudereview.pdf

Other Recommended Resources

- Bryant, F. B., & Veroff, J. (2007). *Savoring: A new model of positive experience*. Mahwah, NJ: Lawrence Erlbaum Associates.
- Emmons, R. A. (2007). *Thanks! How the new science of gratitude can make you happier*. New York: Houghton Mifflin Harcourt.
- Fredrickson, B. (2009). *Positivity*. New York: Random House. (see also <http://www.positivityratio.com/>)
- Fredrickson's website provides summaries of her theories and free access to journal articles on her research: <http://www.unc.edu/peplab/home.html>
- Jeffrey Froh is a leading researcher in gratitude and youth and has published numerous studies and review papers in the field. All of his publications are listed in the public domain via his website: http://people.hofstra.edu/Jeffrey_J_Froh/