

## Positive Purpose

### Recommended Journal Articles

- Damon, W., Menon, J., & Bronk, K. C. (2003). The development of purpose during adolescence. *Applied Developmental Science, 7*(3), 119-128.  
Available online from: [http://itari.in/categories/higherpurpose/dev\\_of\\_purpose.pdf](http://itari.in/categories/higherpurpose/dev_of_purpose.pdf)
- Kashdan, T. B., & McKnight, P. E. (2009). Origins of purpose in life: Refining our understanding of a life well lived. *Psychological Topics, 18*(2), 303-316.  
Available online from:  
[http://scholar.googleusercontent.com/scholar?q=cache:XUmZr5vzjxYJ:scholar.google.com/&hl=en&as\\_sdt=0,5](http://scholar.googleusercontent.com/scholar?q=cache:XUmZr5vzjxYJ:scholar.google.com/&hl=en&as_sdt=0,5)
- Kosine, N. R., Steger, M. F., & Duncan, S. (2008). Purpose-centered career development: A strengths-based approach to finding meaning and purpose in careers. *Professional School Counseling, 12*(2), 133-136.  
Available online from:  
<http://michaelfsteger.com/Documents/Kosine,%20Steger,%20Duncan,%20PSC,%202008.pdf>
- Otake, K., Shimai, S., Tanaka-Matsumi, J., Otsui, K., & Fredrickson, B. L. (2006). Happy people become happier through kindness: A counting kindnesses intervention. *Journal of Happiness Studies, 7*, 361-375.  
Available online from:  
<http://www.unc.edu/peplab/publications/Otake%20et%20al%202006.pdf>
- Post, S. G. (2005). Altruism, happiness, and health: It's good to be good. *International Journal of Behavioral Medicine, 12*, 66-77.  
Available online from: [http://law.case.edu/lectures/files/2008-2009/20080916\\_Altruism\\_Happiness\\_%26\\_Health\\_IJBM\\_05.pdf](http://law.case.edu/lectures/files/2008-2009/20080916_Altruism_Happiness_%26_Health_IJBM_05.pdf)
- Steger, M. F., Kashdan, T. B., & Oishi, S. (2008). Being good by doing good: Daily eudaimonic activity and well-being. *Journal of Research in Personality, 42*(1), 22-42.  
Available online from: [http://psychfaculty.gmu.edu/kashdan/publications/jrp\\_beinggood.pdf](http://psychfaculty.gmu.edu/kashdan/publications/jrp_beinggood.pdf)
- Steger, M. F., Kashdan, T. B., Sullivan, B. A., & Lorentz, D. (2008). Understanding the search for meaning in life: Personality, cognitive style, and the dynamic between seeking and experiencing meaning. *Journal of Personality, 76*(2), 199-228.

Available online from:

[http://michaelfsteger.com/Documents/\\_Steger,%20Kashdan,%20Sullivan,%20Lorentz,%20JoP,%202008.pdf](http://michaelfsteger.com/Documents/_Steger,%20Kashdan,%20Sullivan,%20Lorentz,%20JoP,%202008.pdf)

#### Other Useful Resources

- Frankl, V. (1948). *Man's search for meaning*. New York: Washington Square Press.
- Dr Michael Steger's research website on meaning and quality of life:

<http://michaelfsteger.com/default.aspx>