

Strengths

Recommended Journal Articles

Dahlsgaard, K., Peterson, C., & Seligman, M. E. P. (2005). Shared virtue: The convergence of valued human strengths across culture and history. *Review of General Psychology, 9*(3), 203-213.

Available online from:

<http://precisionmi.com/Materials/UniveralVirtuesMat/Shared%20Virtue%20The%20Convergence%20of%20Valued%20Human%20Strengths.pdf>

Park, N., & Peterson, C. (2008). Positive psychology and character strengths: Application to strengths-based school counseling. *Professional School Counselling, 12*(2), 85-92.

Available online from: <http://www.biomedsearch.com/article/Positive-psychology-character-strengths-application/191213588.html>

Park, N., & Peterson, C. (2009). Character strengths: Research and practice. *Journal of College & Character, 10*, 4-13.

Available online from:

http://journals.naspa.org/cgi/viewcontent.cgi?article=1042&context=jcc&sei-redir=1&referer=http%3A%2F%2Fscholar.google.com.au%2Fscholar%3Fhl%3Den%26q%3DCharacter%2Bstrengths%253A%2BResearch%2Band%2Bpractice%26btnG%3DSearch%26as_sdt%3D0%252C5%26as_ylo%3D%26as_vis%3D0#search=%22Character%20strengths%3A%20Research%20practice%22

Park, N., Peterson, C., & Seligman, M. E. P. (2004). Strengths of character and wellbeing. *Journal of Social and Clinical Psychology, 23*(5), 603-619.

Available online from:

http://www.psych.umn.edu/courses/spring06/stegerm/psy1905/articles/park_peterson_seligman_2004.pdf

Park, N., Peterson, C., & Seligman, M. E. P. (2006). Character strengths in fifty-four nations and the fifty US states. *Journal of Positive Psychology, 1*, 118-129.

Available online from:

<http://education.ucsb.edu/janeconoley/ed197/documents/parkCharacterstrengthsinfifty-four.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 online from:

<http://michaelmurphypsychologies.com/seligman05ppprogressarticle.pdf>

Steen, T. A., Kachorek, L. V., & Peterson, C. (2003). Character strengths among youth. *Journal of Youth and Adolescence*, *32*, 5-16.

Available online from:

http://deepblue.lib.umich.edu/bitstream/2027.42/45293/1/10964_2004_Article_379439.pdf

Wood, A. M., Linley, A. P., Maltby, J., Kashdan, T. B., & Hurling, R. (2011). Using personal and psychological strengths leads to increases in wellbeing over time: A longitudinal study and the development of the strengths use questionnaire. *Personality and Individual Differences*, *50*, 15-19.

Available online from:

<http://psychfaculty.gmu.edu/kashdan/publications/Wood%20et%20al%202011%20strength%20use%20PAID.pdf>