

Positive Psychology Books



Check out the huge variety of books on positive psychology



Positive Psychology is the scientific study of the strengths and virtues that enable individuals and communities to thrive. This field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of work, love and play.

<https://www.authentichappiness.sas.upenn.edu/content/about-us>

Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment

Authentic Happiness

"At last, psychology gets serious about glee, fun, and happiness. Martin Seligman has given us a gift."
—Daniel Goleman, author of *Emotional Intelligence*

Martin E. P. Seligman, Ph.D.
Bestselling author of *Learned Optimism*

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A PRIMER IN

Positive Psychology



CHRISTOPHER PETERSON

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The Encyclopedia of Positive Psychology

Edited by Shane J. Lopez



WILEY-BLACKWELL

The Encyclopedia of Positive Psychology

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WILEY-BLACKWELL

If there is a heaven, do people have sex? How can I make my life more exciting? When is killing justified? How much "free will" do I have? What will people say at my funeral? How would my life be different if I was more willing to explore instead of avoid challenges? Are there more sides of me I have yet to know? How can I overcome my fears? Why am I so easily bored? Why do I always end up in such awful relationships? How can I become more productive and creative at work? Why is a leap,

CURIOS?

Discover the Missing Ingredient to a Fulfilling Life

TODD KASHDAN, PH.D.

more vibrant in color when it's dying? Why do I do so many things I don't like and like so many things I don't do? Why do I find it so hard to open up to others? Why am I so worried about what other people think of me? Is time travel possible? Is there such a thing as "love at first sight"? Why do bad things happen to good people? Why do we fear death? How can I reignite passion in my marriage? How can uncertainty be both terrifying and fun? Am I happy? What can I do right now to change? How long does it take to make a real, lasting change?

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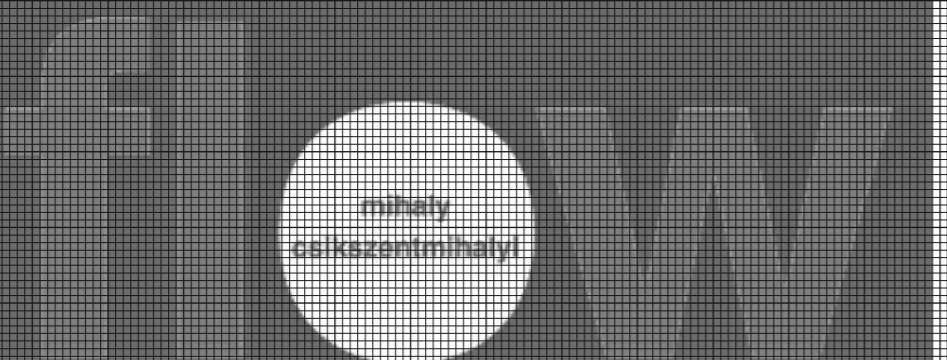
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national bestseller



mihaly
csikszentmihalyi

*the psychology of
optimal experience*

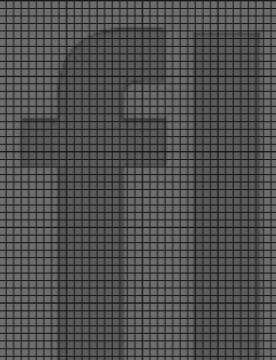
"Important...
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"...illuminates the
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New York Times
Book Review

HARPERPERENNIAL MODERN CLASSICS

national bestseller



mihaly
csikszentmihalyi

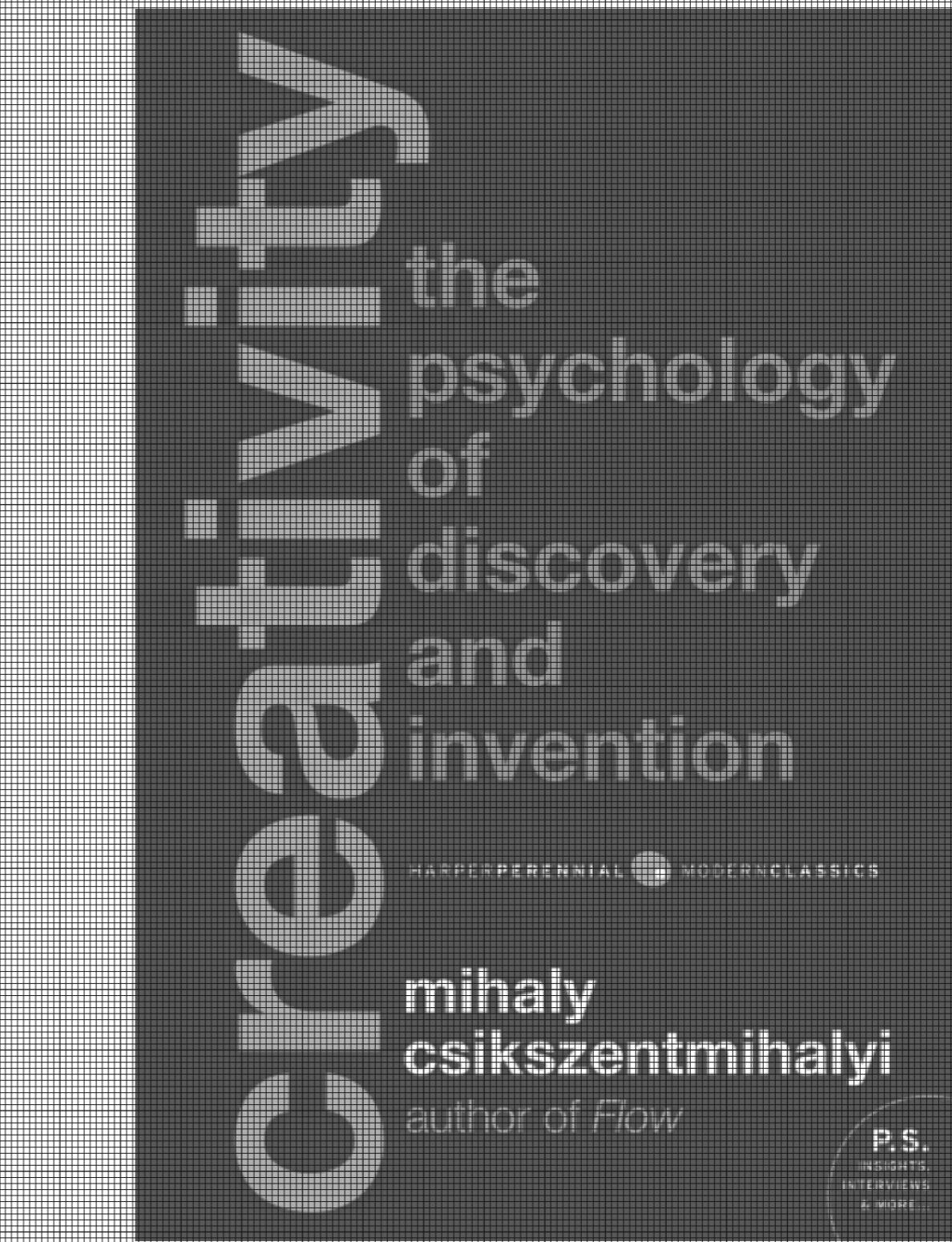
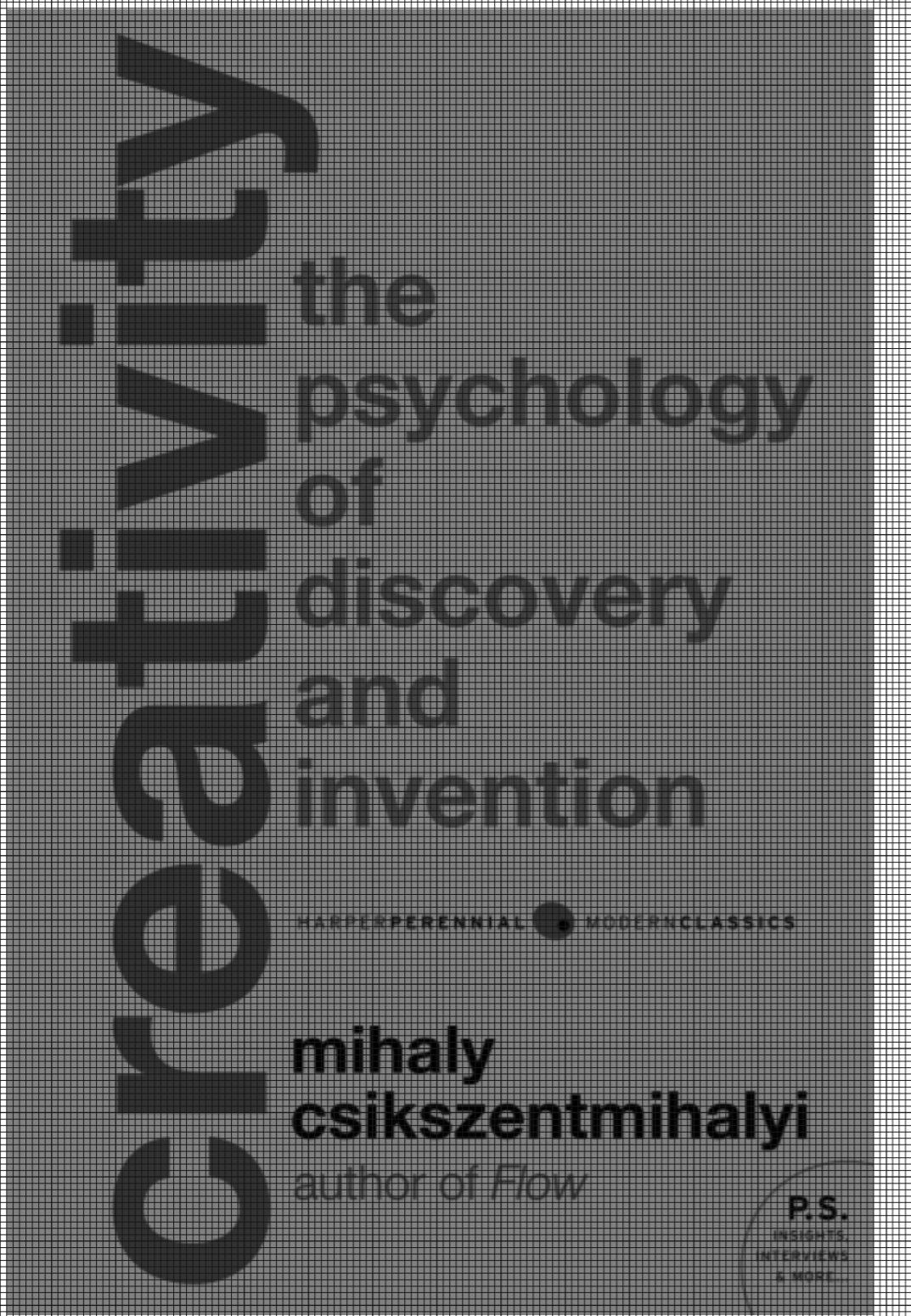
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HARPERPERENNIAL MODERN CLASSICS



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— MARTIN E. P. SELIGMAN
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POSITIVITY

Groundbreaking Research Reveals
How to Embrace the Hidden Strength
of Positive Emotions, Overcome
Negativity, and Thrive

BARBARA L. FREDRICKSON, PH.D.

KENAN DISTINGUISHED PROFESSOR, UNC-CHAPEL HILL
AWARD-WINNING DIRECTOR OF THE PEP LAB

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NATIONAL BESTSELLER

LEARNED OPTIMISM

How to Change
Your Mind and
Your Life

WITH A NEW PREFACE

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"Vaulted me out of my funk. . . . So, fellow moderate pessimists, go buy this book." —Marian Sandmair, *The New York Times Book Review*

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C. Robert Cloninger

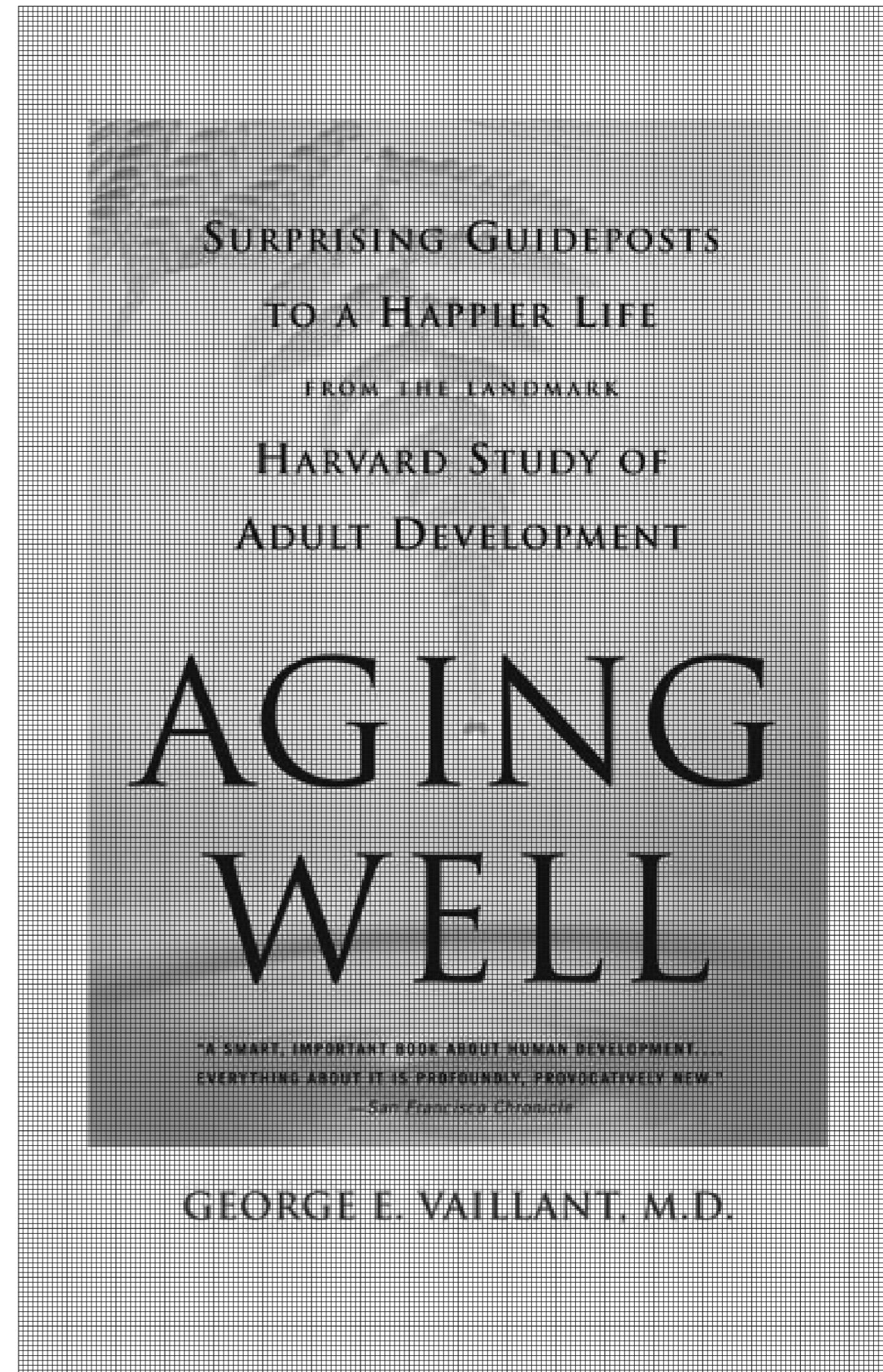
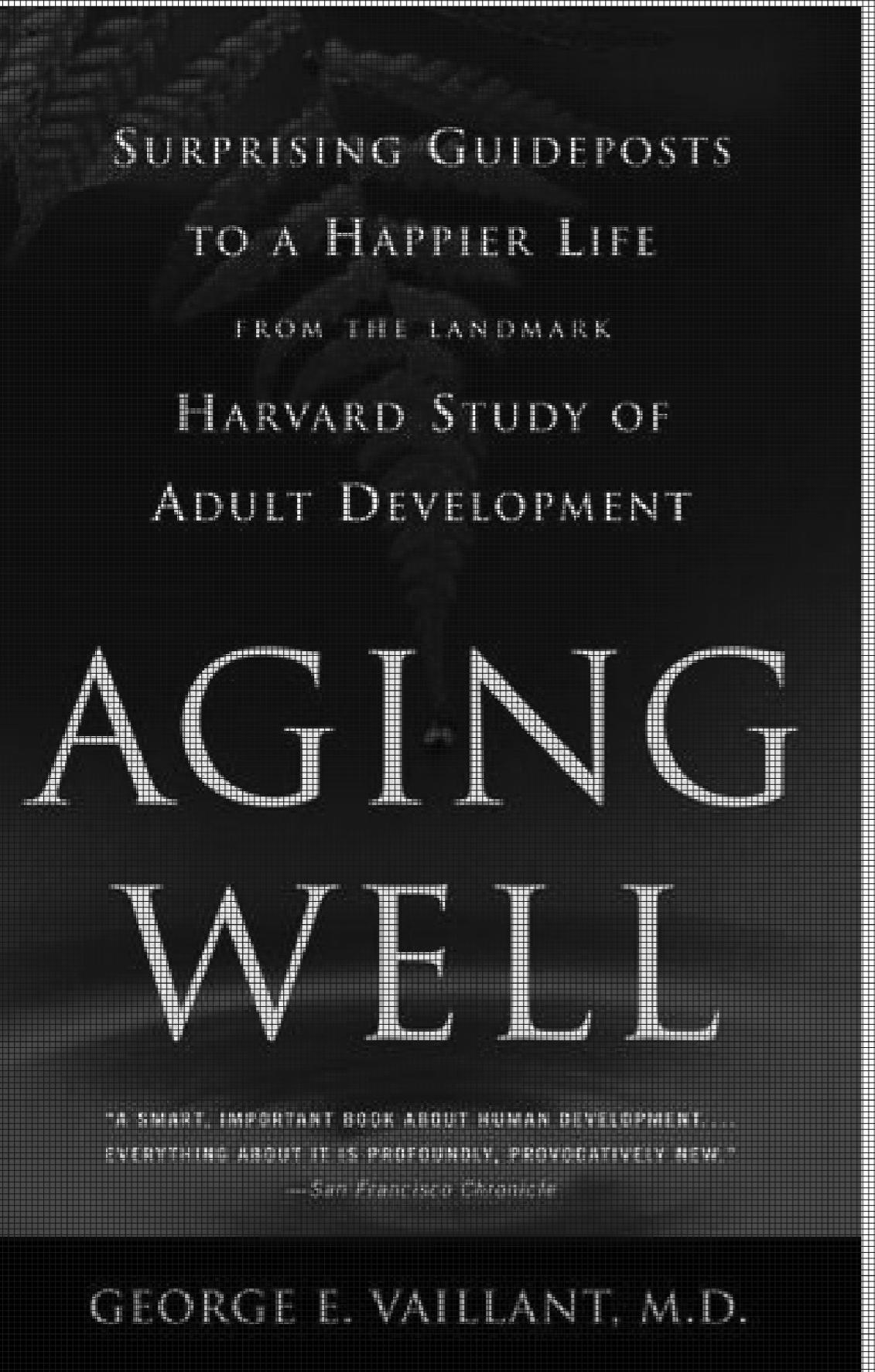
Feeling Good

The Science of Well-Being

C. Robert Cloninger

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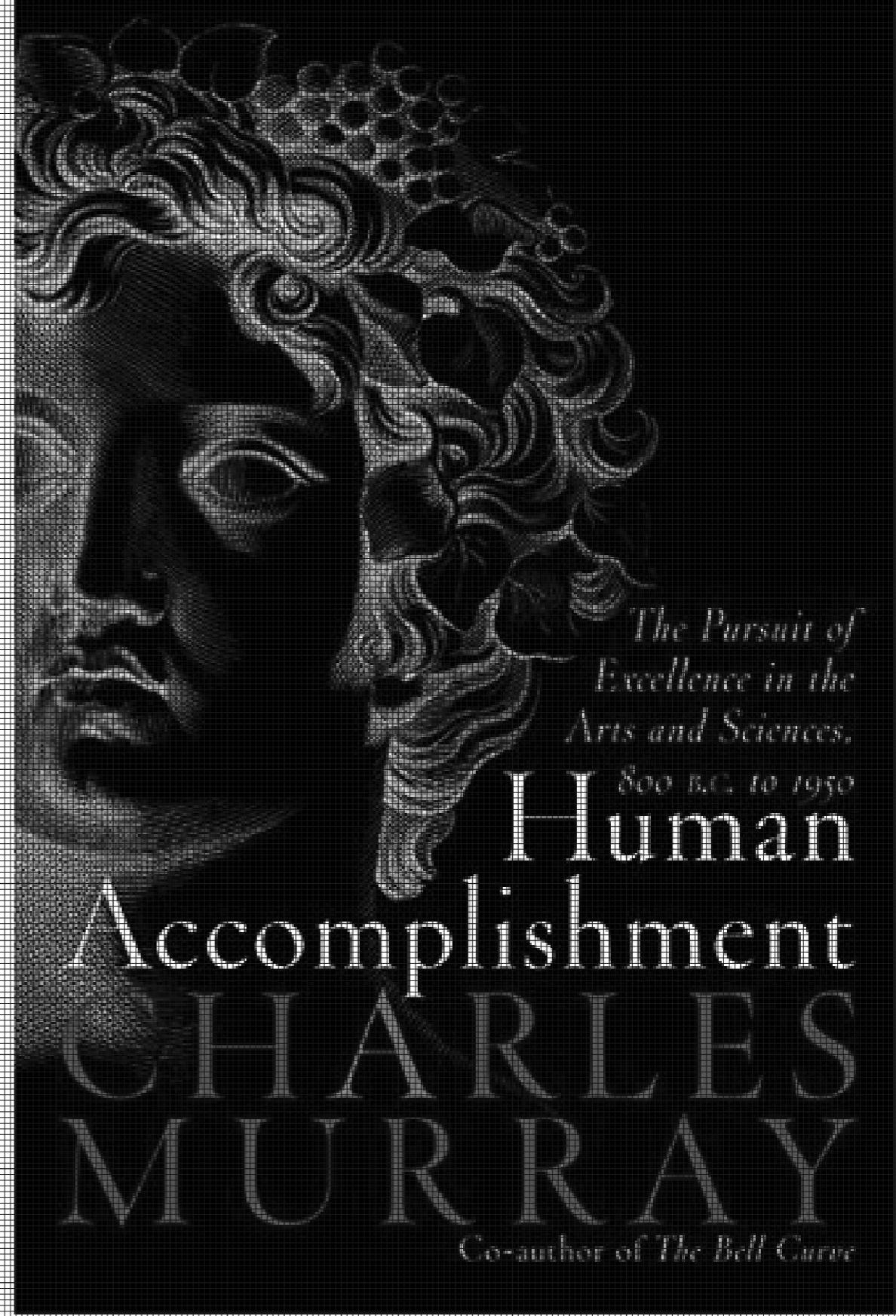


*The Pursuit of
Excellence in the
Arts and Sciences,
500 B.C. to 1950*

Human Accomplishment

CHARLES MURRAY

Co-author of The Bell Curve



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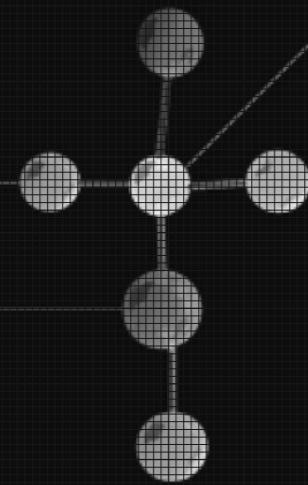
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George E. Vaillant, M.D. —

Spiritual Evolution



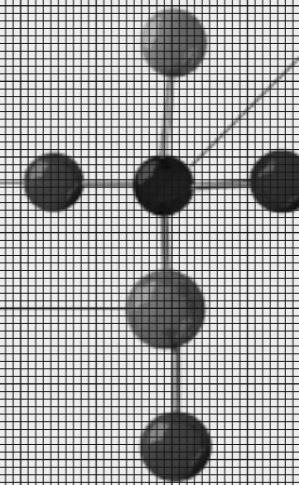
How We Are Wired for
Faith, Hope, and Love

"The perfect spiritual and scientific guide."

—David Sloan Wilson, author of *Darwin's Cathedral*

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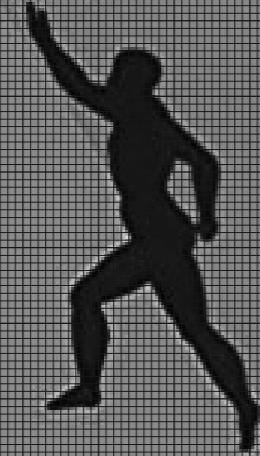


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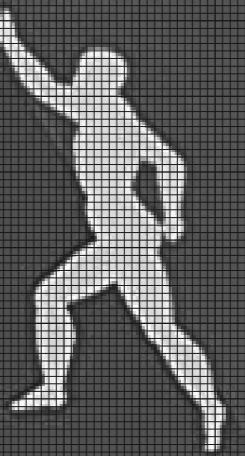
ADAPTATION TO LIFE



GEORGE E. VAILLANT

WITH A NEW PREFACE BY THE AUTHOR

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NEW YORK TIMES BESTSELLER

*Rediscovering the
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WILLPOWER

ROY F. BAUMEISTER
& JOHN TIERNEY

"An immensely rewarding book, filled with ingenious research, wise
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—STEVEN PINKER, THE NEW YORK TIMES BOOK REVIEW



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—GRETCHEN RUBIN, author of *The Happiness Project*

CHOOSE THE LIFE YOU WANT

101 WAYS
TO SLOW DOWN
AND MAKE DAILY
DECISIONS
THAT MATTER

The Mindful
Way to Happiness

TAL BEN-SHAHAR, PHD

New York Times-bestselling author of *Happier*

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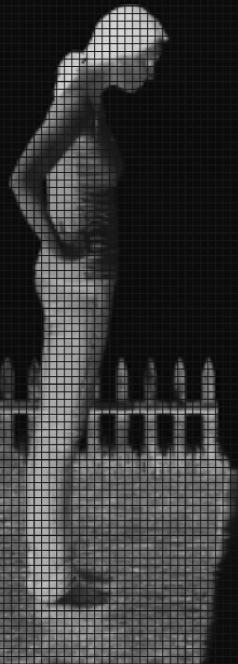
New York Times-bestselling author of *Happier*

SONJA LYUBOMIRSKY

Author of *The How of Happiness*

THE MYTHS OF HAPPINESS

What Should Make You Happy, but Doesn't
What Shouldn't Make You Happy, but Does

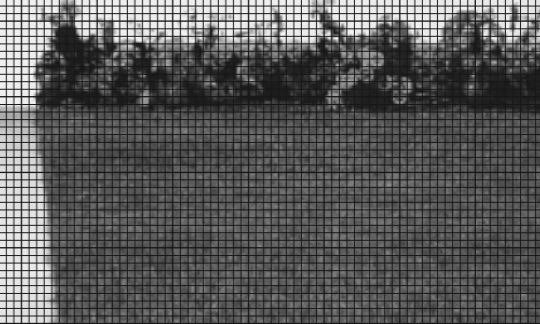
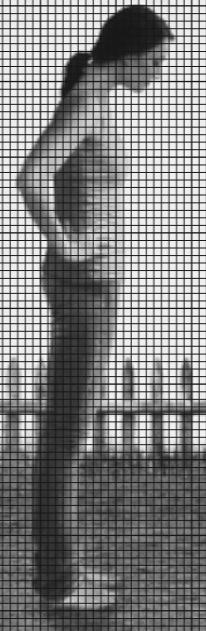


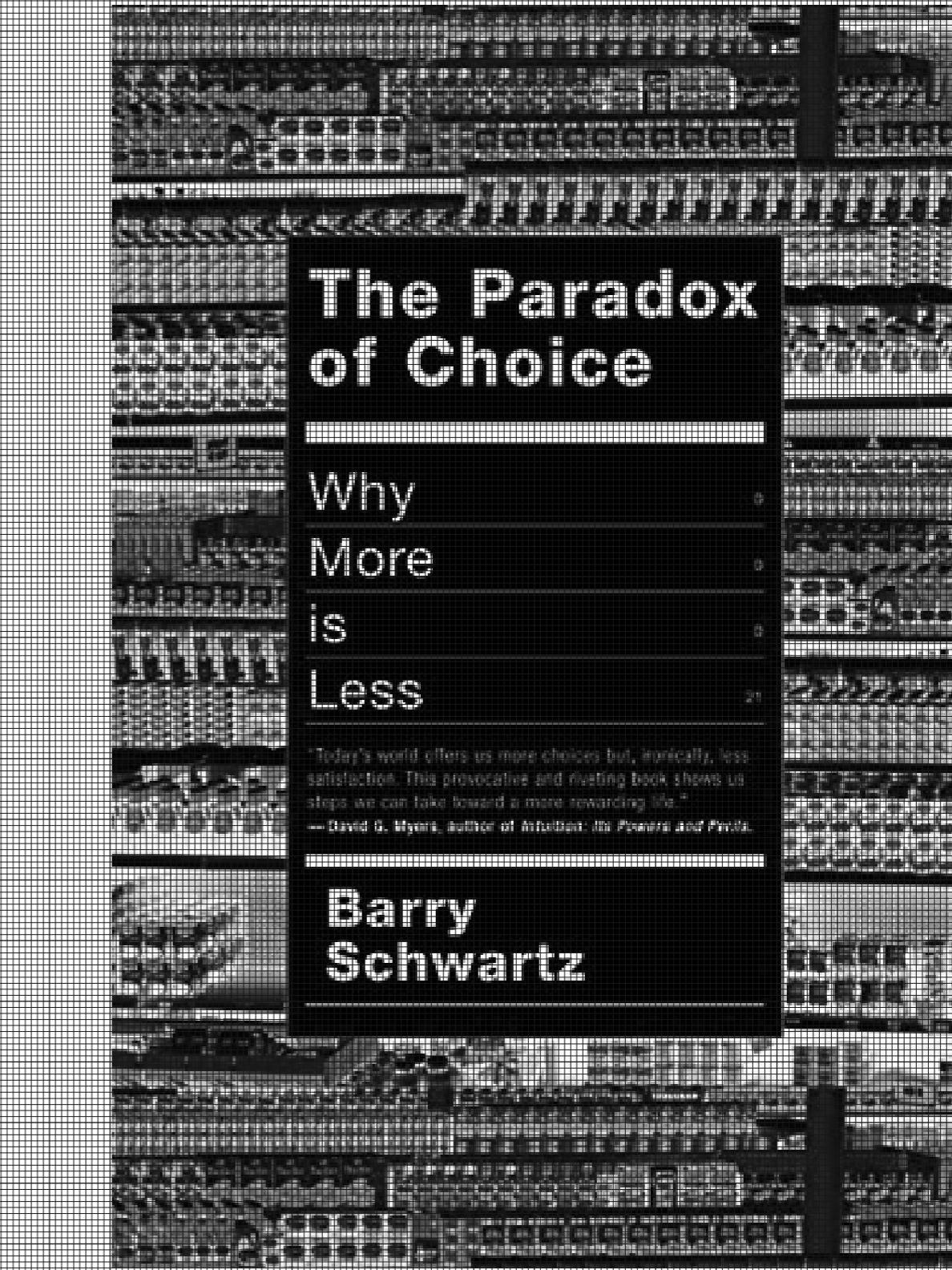
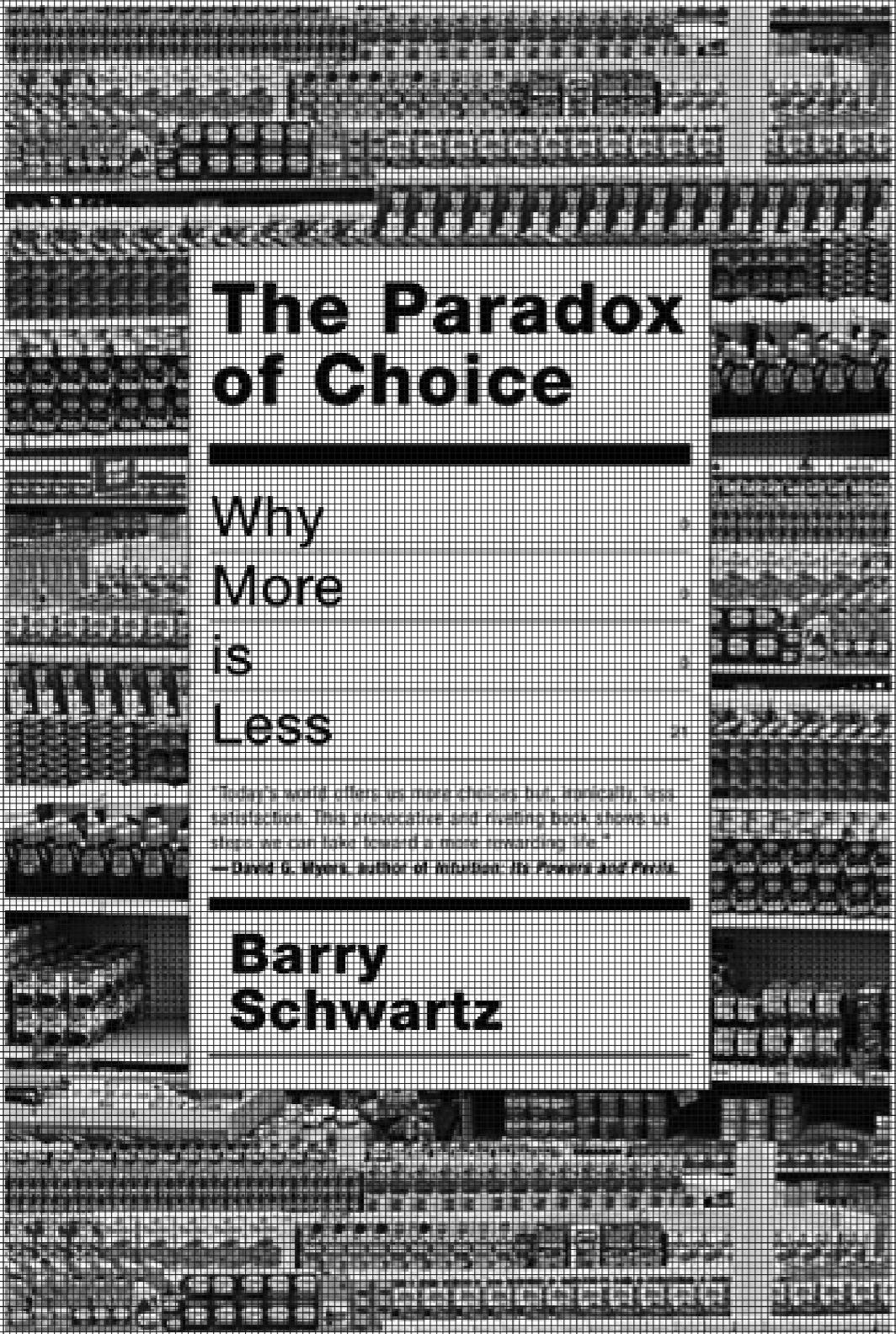
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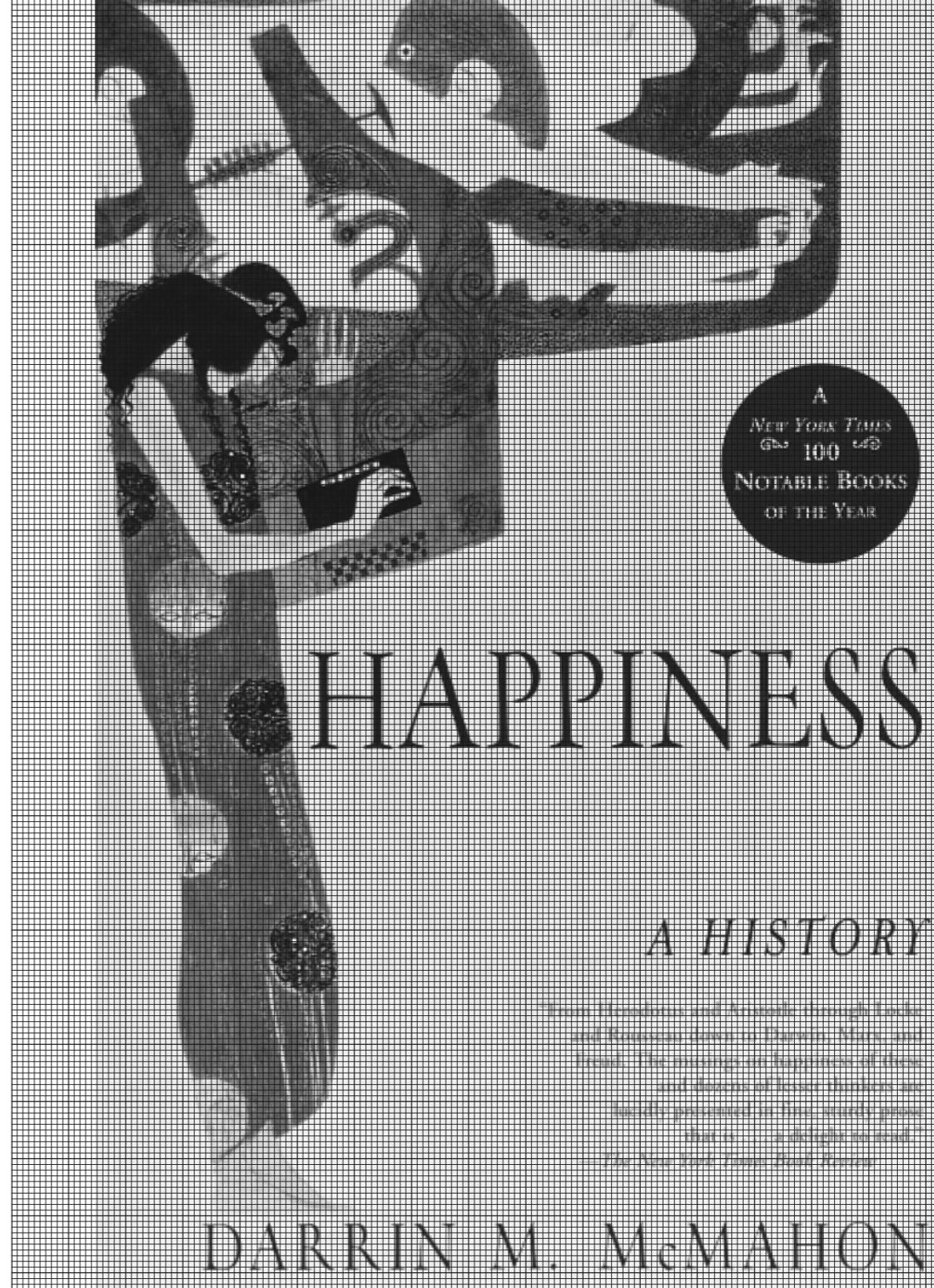
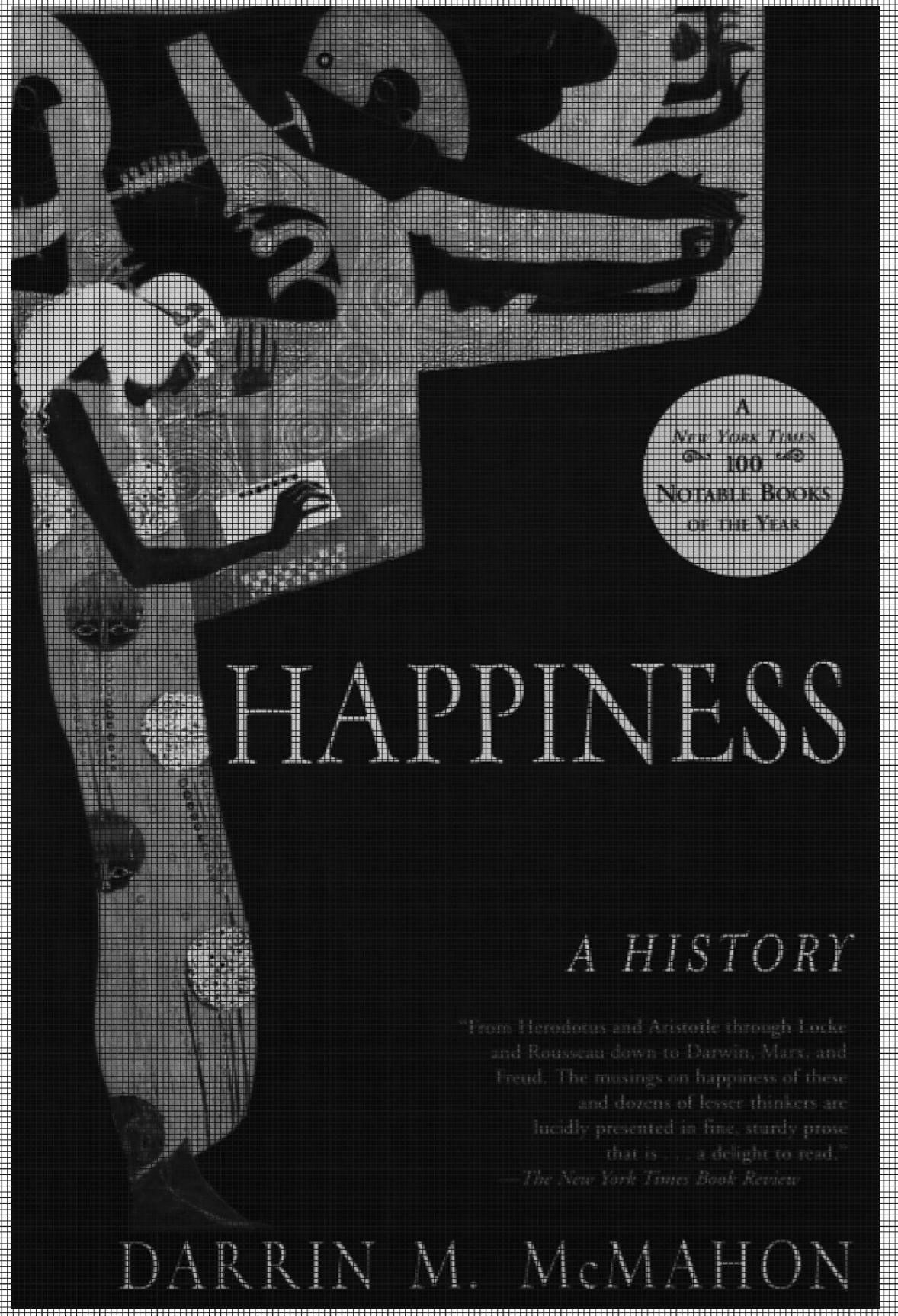
New York Times bestselling author

THE MYTHS OF HAPPINESS

What Should Make You Happy, but Doesn't
What Shouldn't Make You Happy, but Does



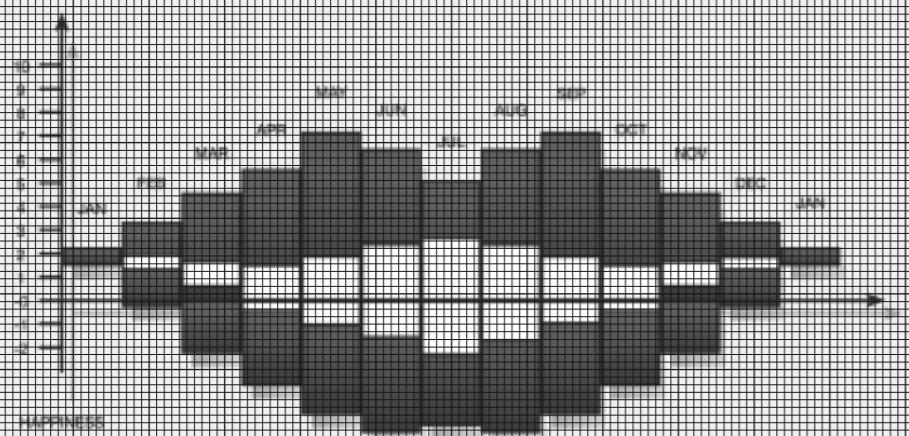




"Impressive...An excellent job of recounting
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—JOHN HANNAH, PH.D., PROFESSOR OF ECONOMICS,
UNIVERSITY OF TORONTO

HAPPINESS

LESSONS FROM A NEW SCIENCE



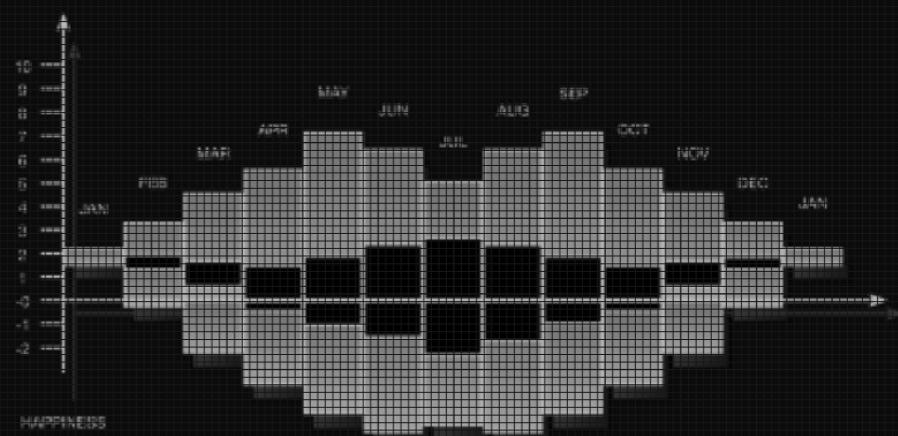
RICHARD LAYARD



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—THE WALL STREET JOURNAL

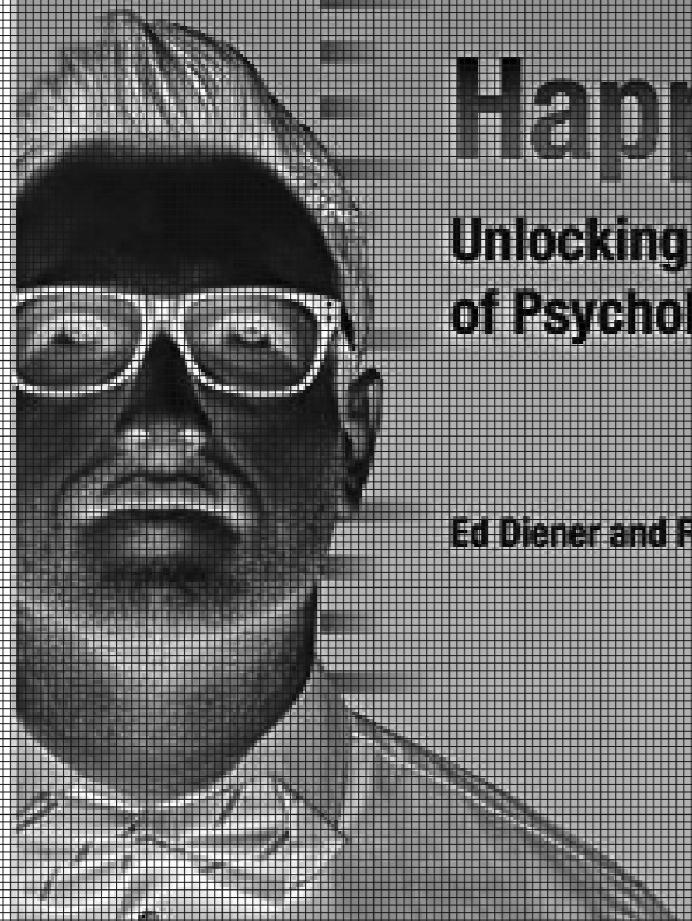
HAPPINESS

LESSONS FROM A NEW SCIENCE



RICHARD LAYARD





Happiness

Unlocking the Mysteries
of Psychological Wealth

Ed Diener and Robert Biswas-Diener

physical health

mental health

material sufficiency

spirituality

life satisfaction

relationship

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Discover
what works—and
what doesn't—
in our eternal search
for happiness

Happiness

DR. DAVID LYKKEN

What Studies on Twins
Show Us About Nature, Nurture, and the
Happiness Set Point

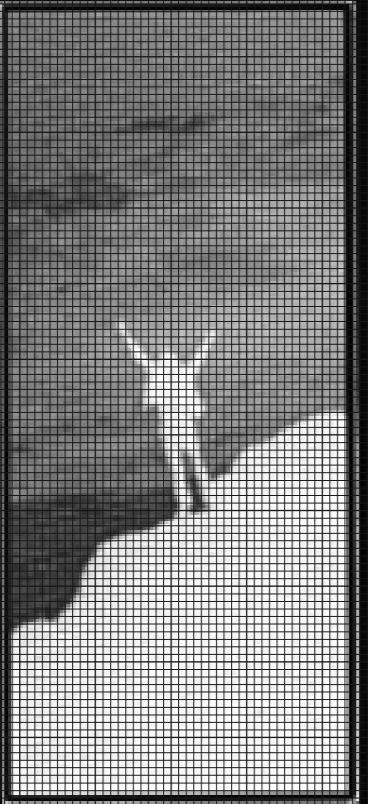
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THE
**PURSUIT OF
HAPPINESS**



DISCOVERING
THE PATHWAY
TO FULFILLMENT,
WELL-BEING,
AND ENDURING
PERSONAL JOY

DAVID G. MYERS, PH.D.

"BURSTS WITH THOUGHT-PROVOKING, INNOVATIVE
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How to Stop Chasing Perfection and
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of*

PERFECT

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NEW YORK TIMES BESTSELLING AUTHOR OF

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Pursuing
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100 Reflections on Positive Psychology

Christopher Peterson

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MIHALY CSIKSZENTMIHALYI

author of FLOW

Good Business!

LEADERSHIP, FLOW, AND
THE MAKING OF MEANING

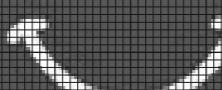
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BORN TO BE GOOD

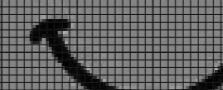


The Science of a Meaningful Life

DACHER KELTNER

"A bright, entertaining book." —Janet Maslin, *New York Times*

BORN TO BE GOOD



The Science of a Meaningful Life

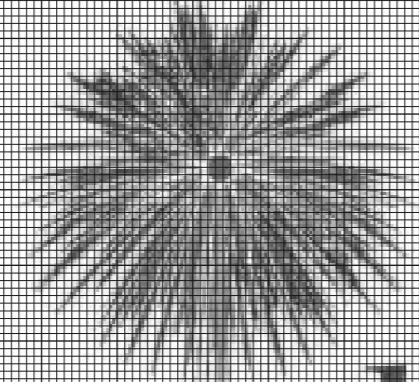
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A Visionary New Understanding
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Flourish

MARTIN E.P. SELIGMAN

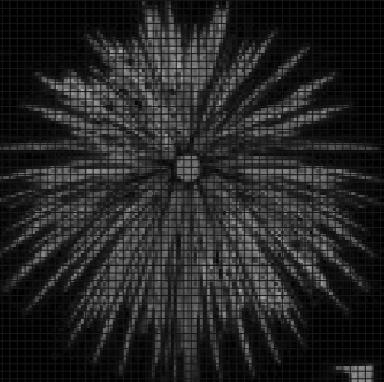
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NOW, DISCOVER YOUR STRENGTHS

The revolutionary program that shows you how
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—and those of the people you manage. Based
on the Gallup study of over two million people

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Activity Requirements
Significance Strategic

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PETER RAILTON
FACTS, VALUES
AND NORMS

ESSAYS TOWARD A MORALITY
OF CONSEQUENCE

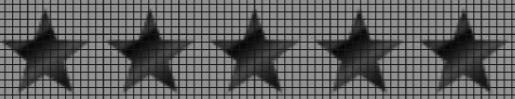
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Succeed



HOW WE CAN
REACH OUR GOALS

WITH THE
9 THINGS SUCCESSFUL PEOPLE
DO DIFFERENTLY

Heidi Grant Halvorson, Ph.D.

Foreword by
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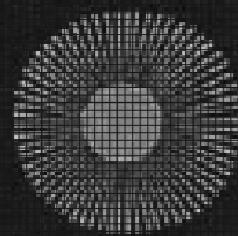
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Finding Modern Truth
In Ancient Wisdom



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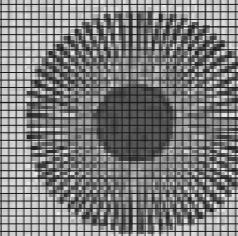
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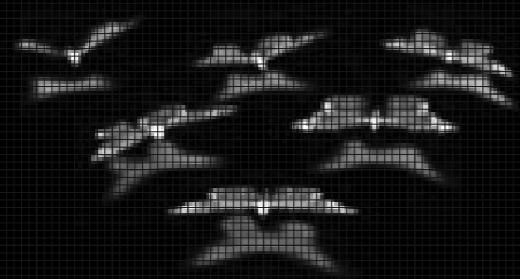
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HOW TO BE A POSITIVE LEADER

Insights from Leading Thinkers on Positive Organizations



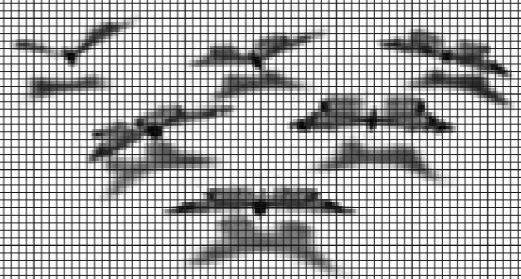
Small Actions, Big Impact

Edited by Jane E. Dutton and Gretchen M. Spreitzer

Foreword by Shawn Achor, author of *The Happiness Advantage*

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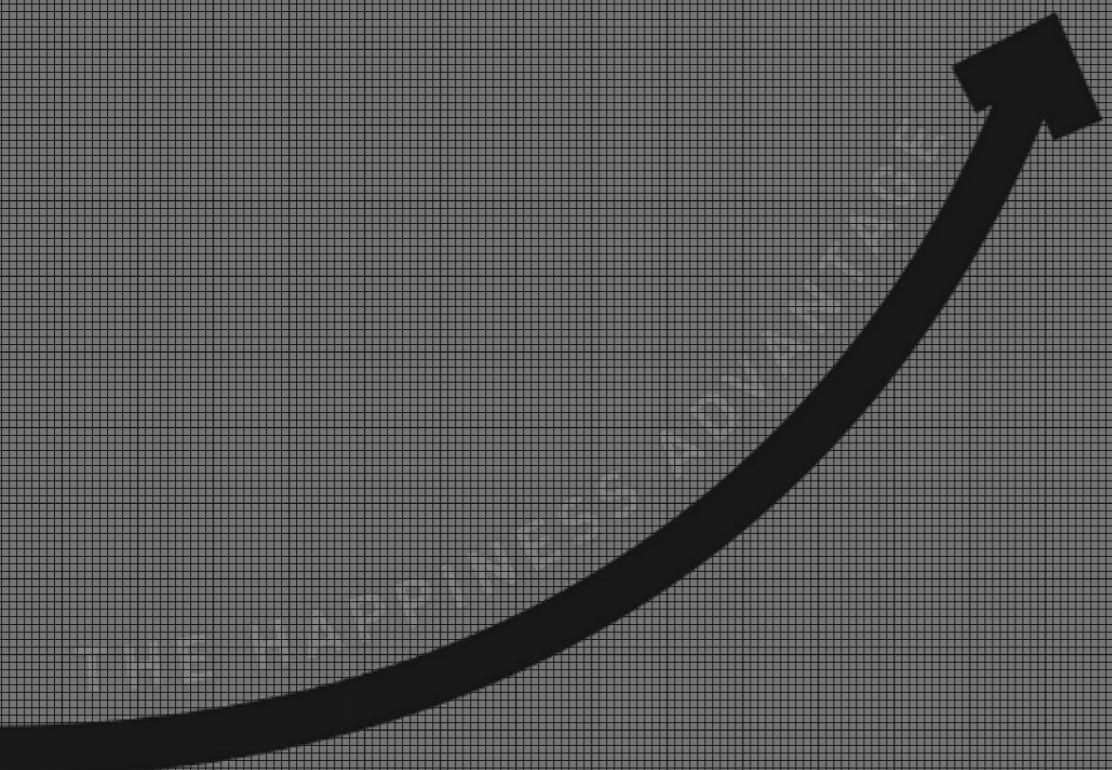


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The Seven Principles
of Positive Psychology
That Fuel Success and
Performance at Work



SHAWN ACHOR

As Taught in Harvard's Famed Happiness Course and to Companies Worldwide

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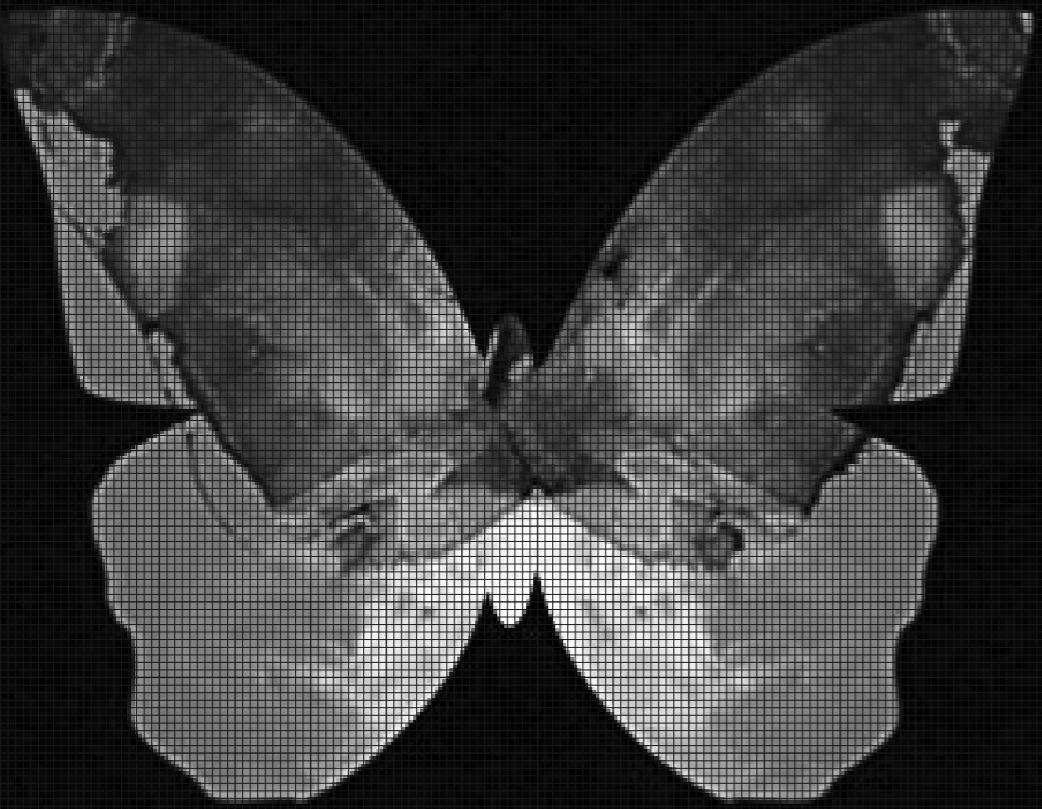
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APPLIED POSITIVE PSYCHOLOGY

integrated positive practice



"a must read for students of positive psychology!"

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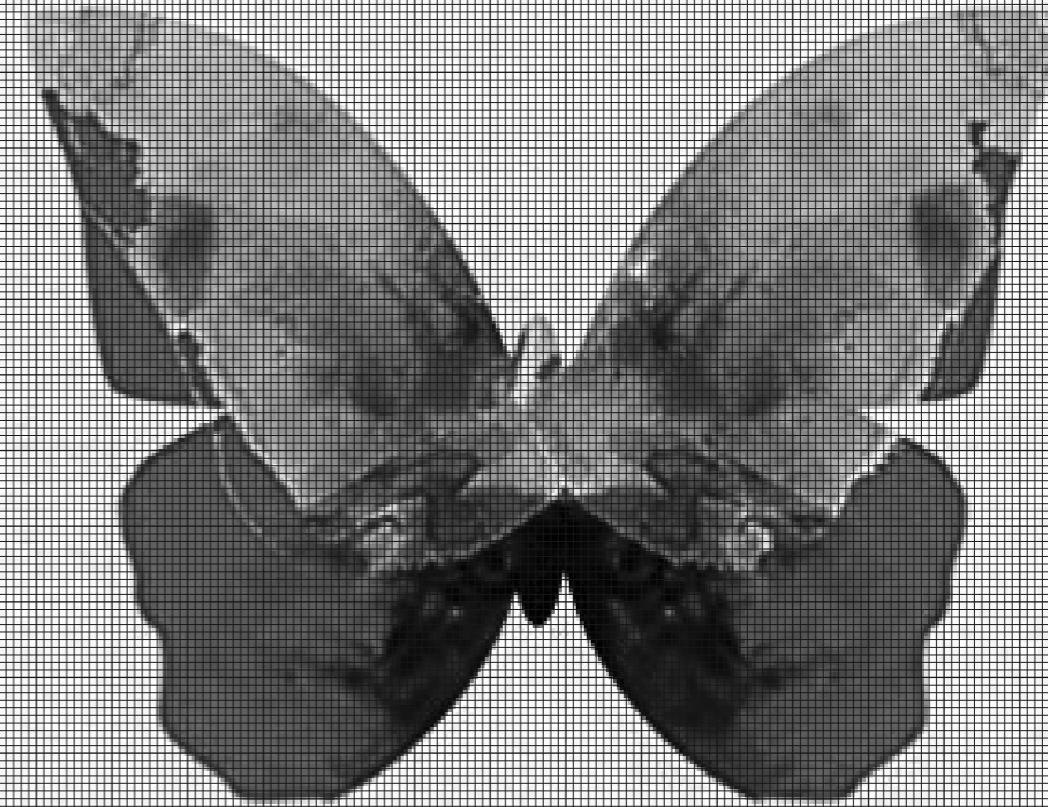


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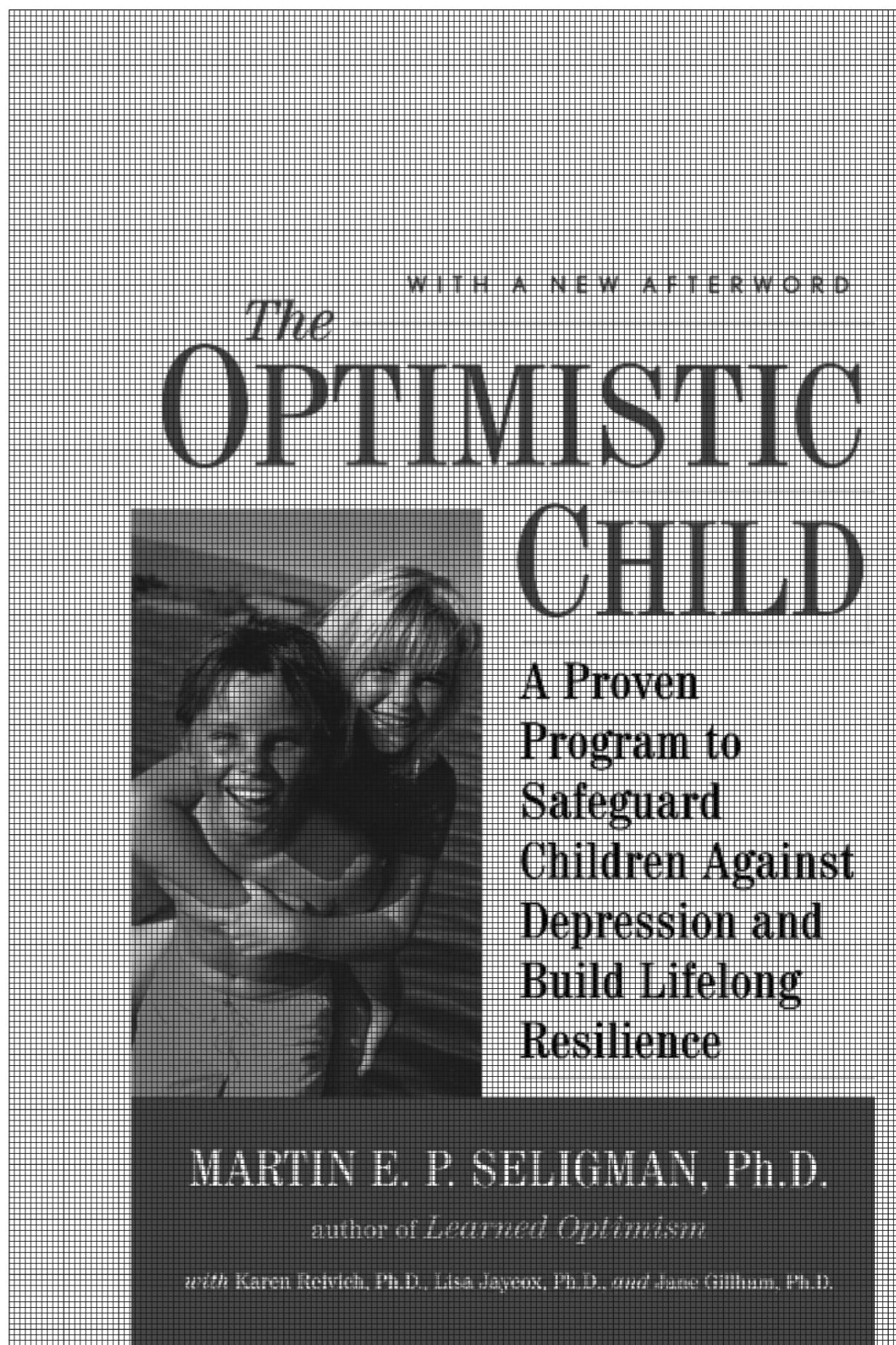
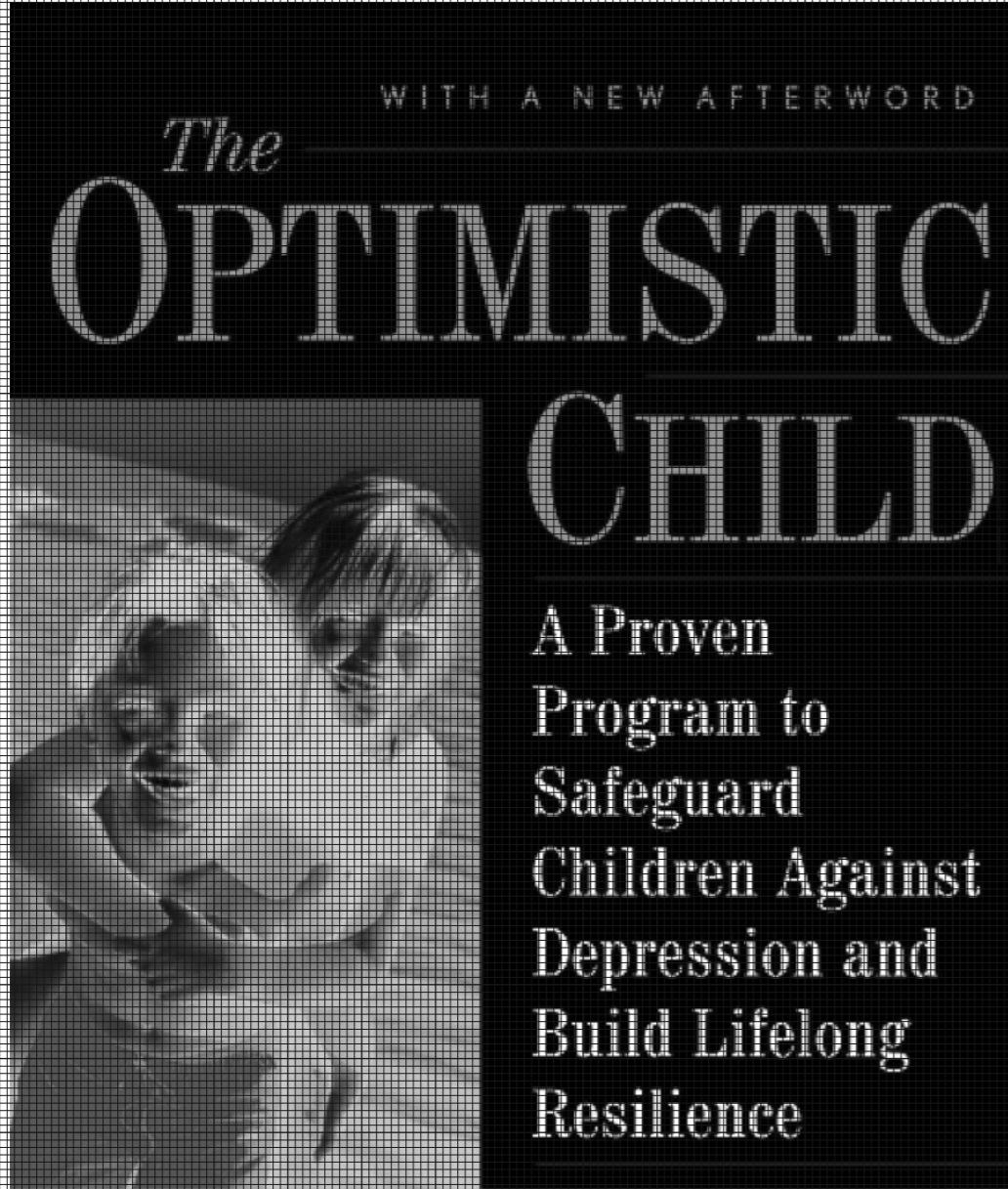
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HAPPINESS

MICHAEL ARGYLE

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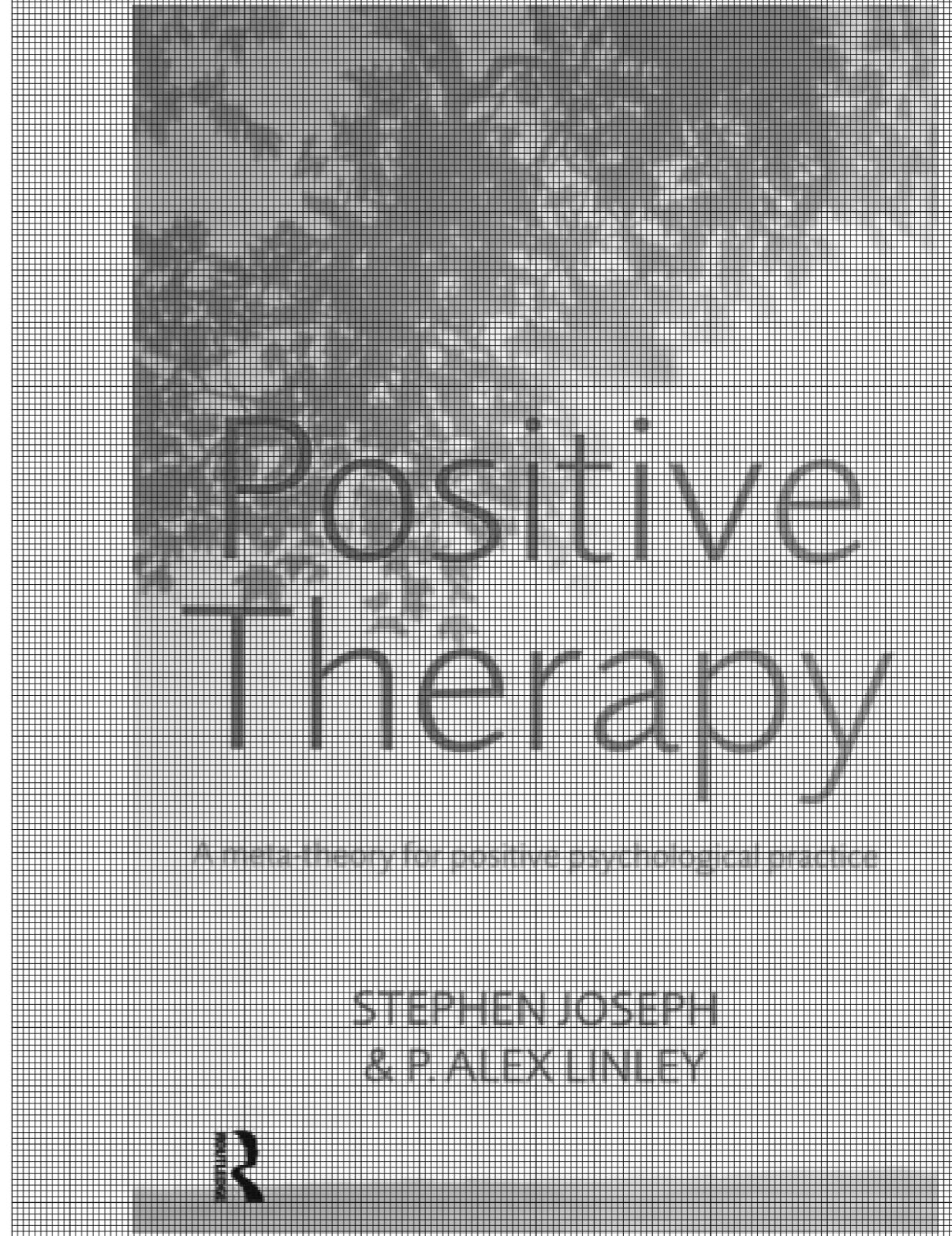
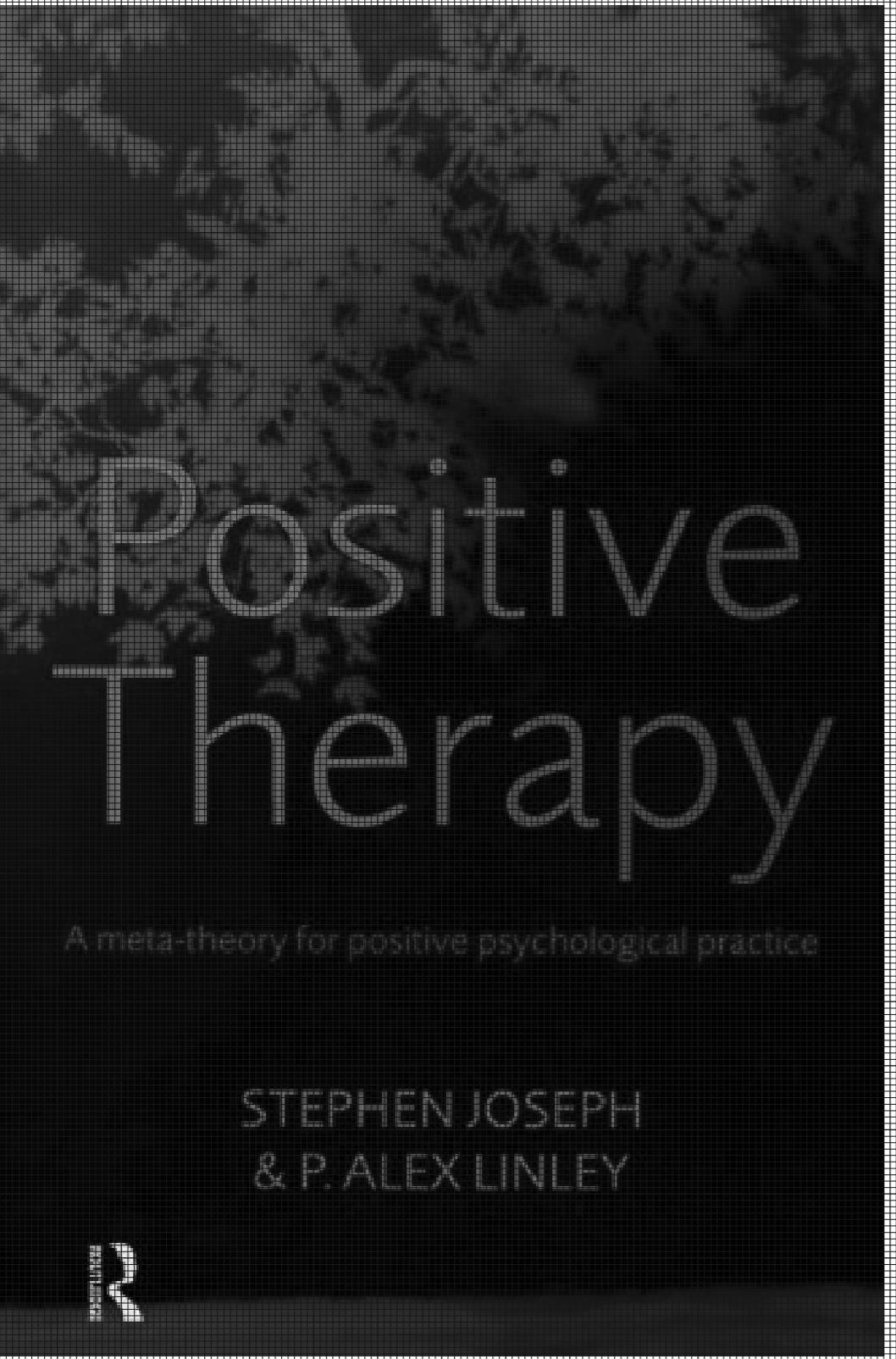
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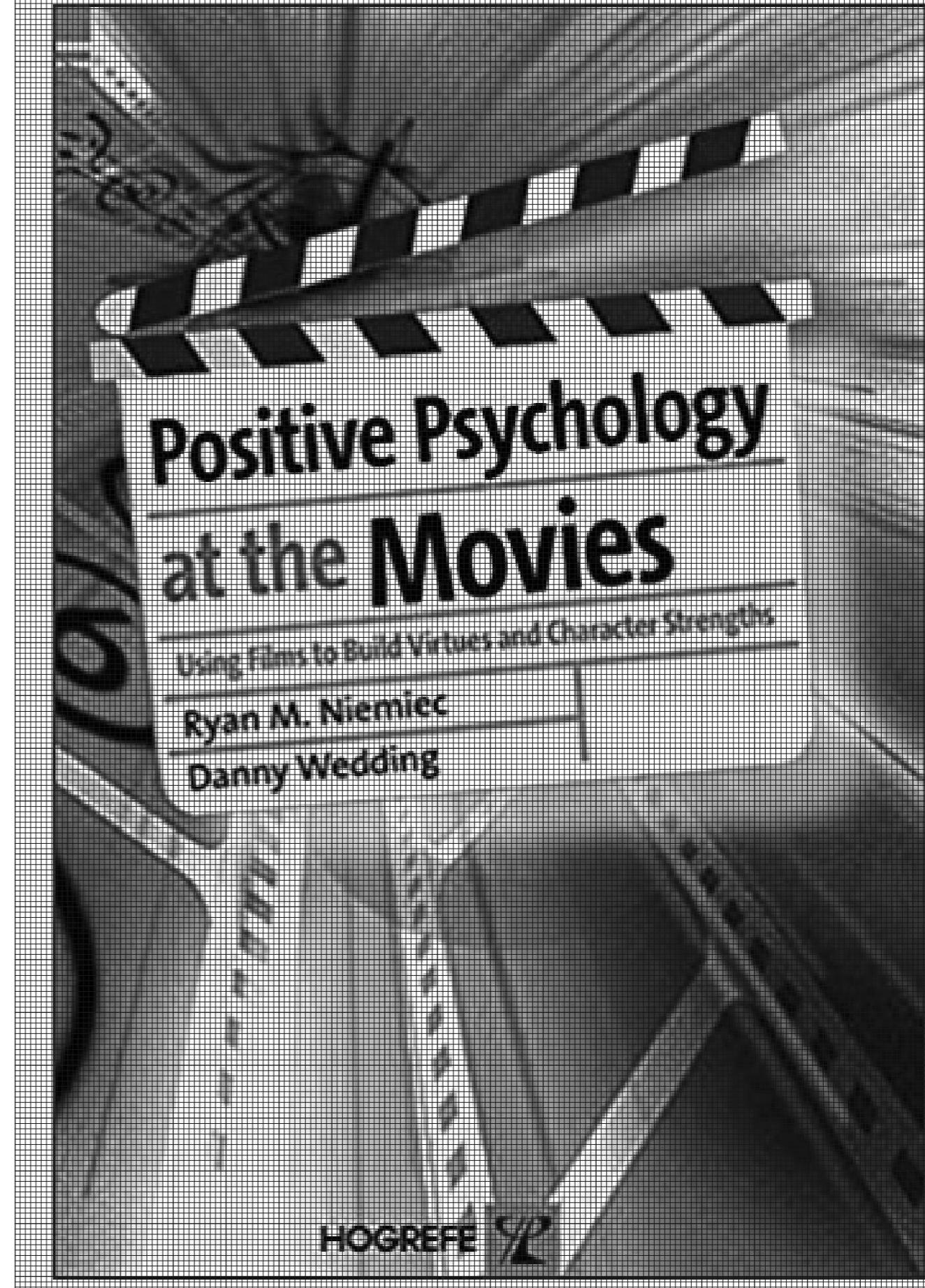
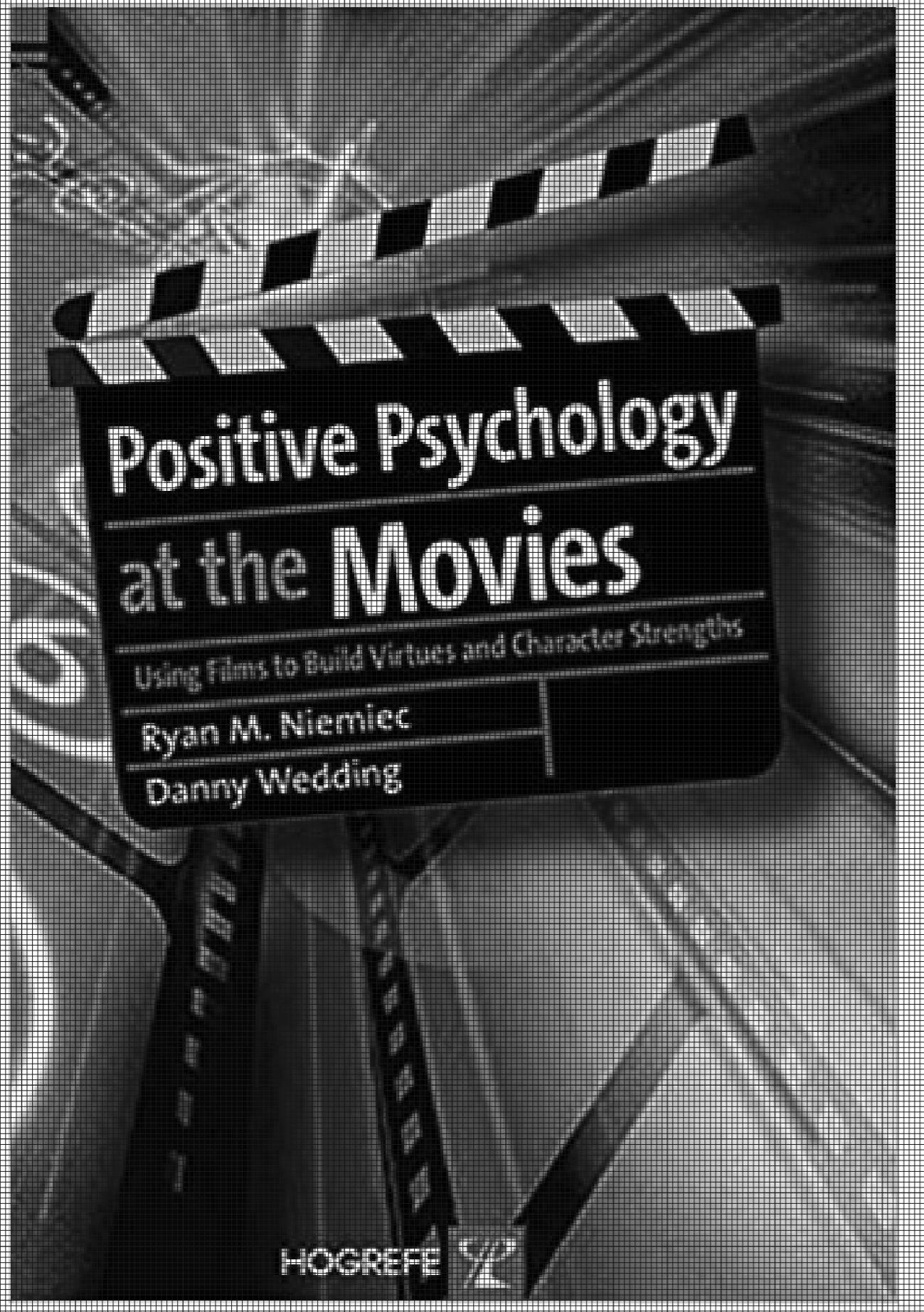
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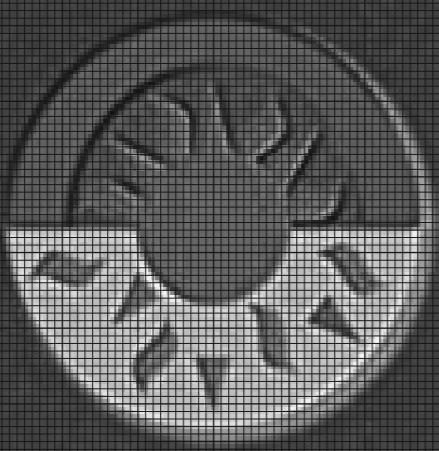
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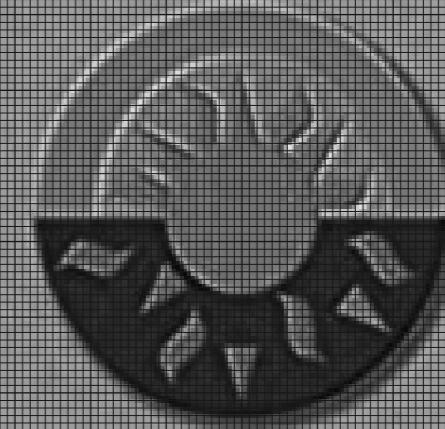
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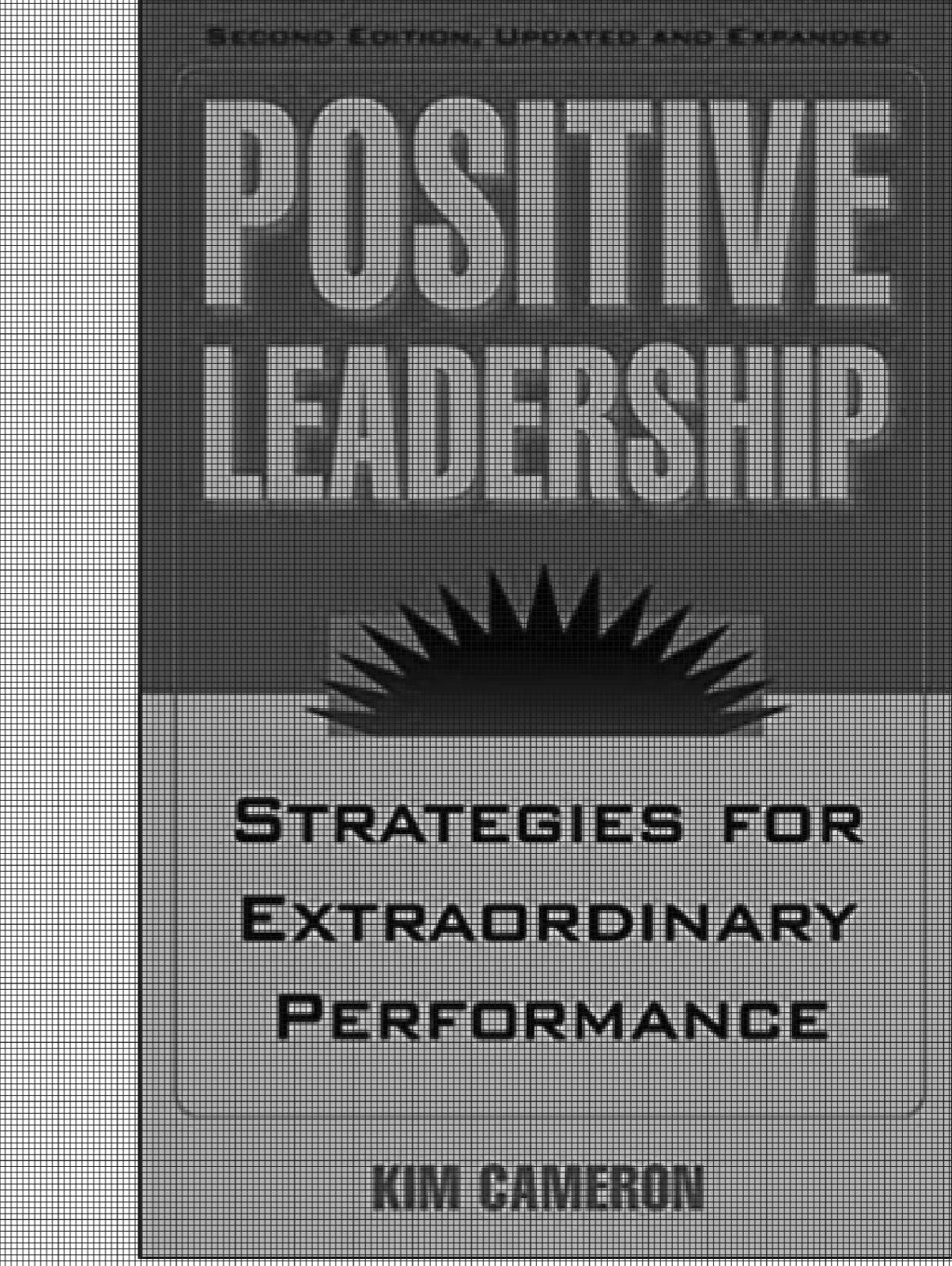
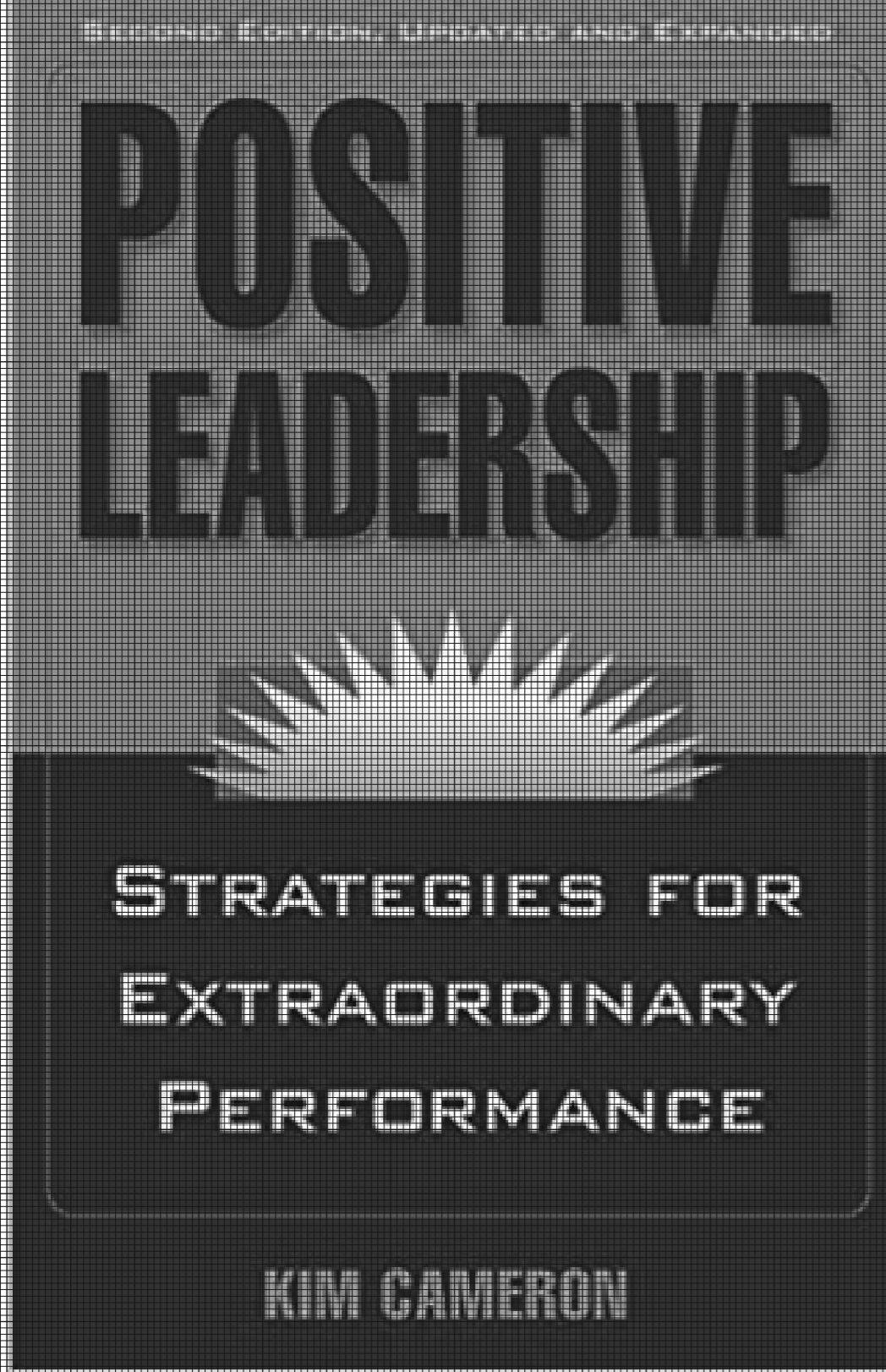
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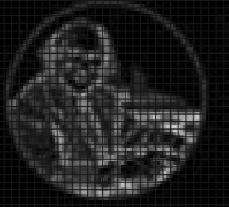
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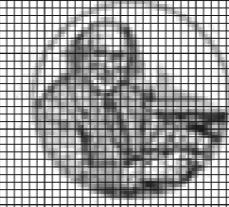
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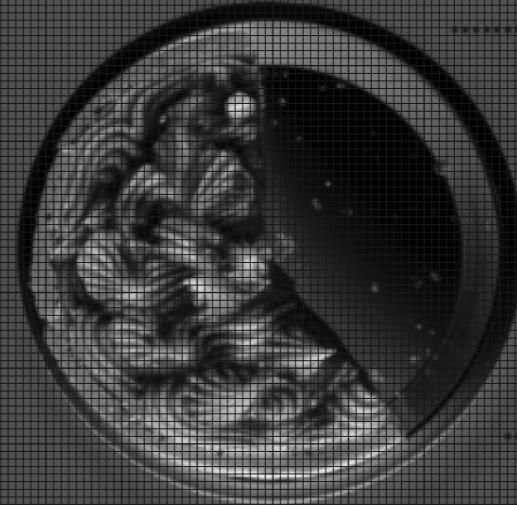


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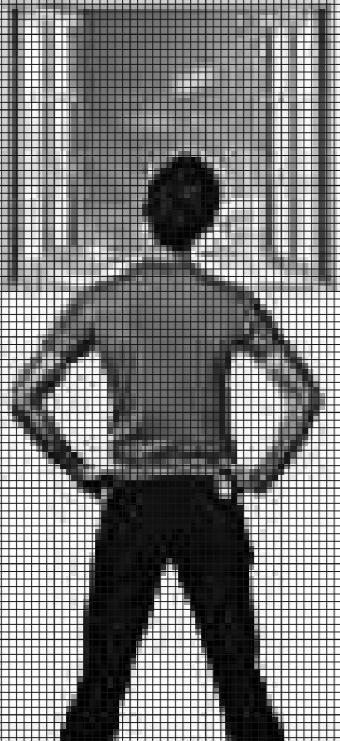
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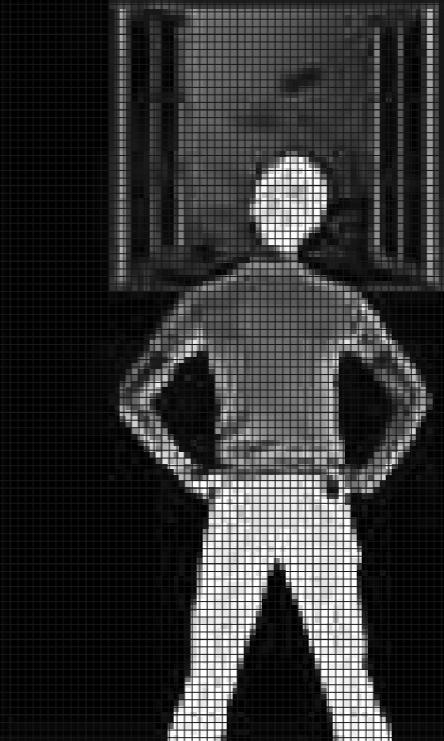


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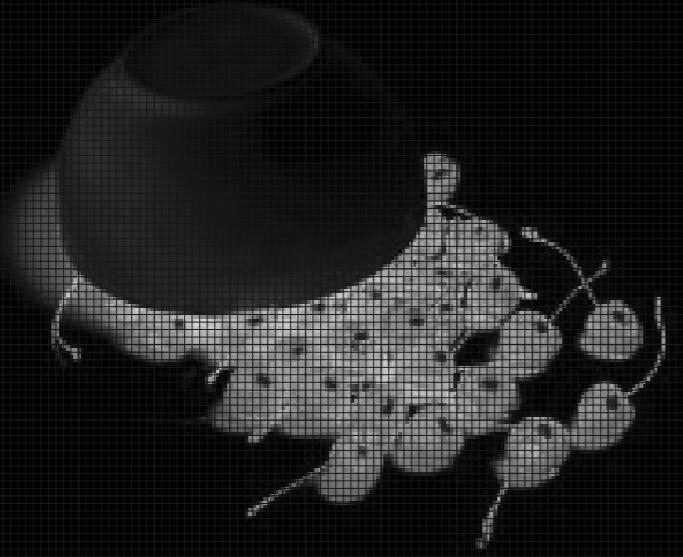
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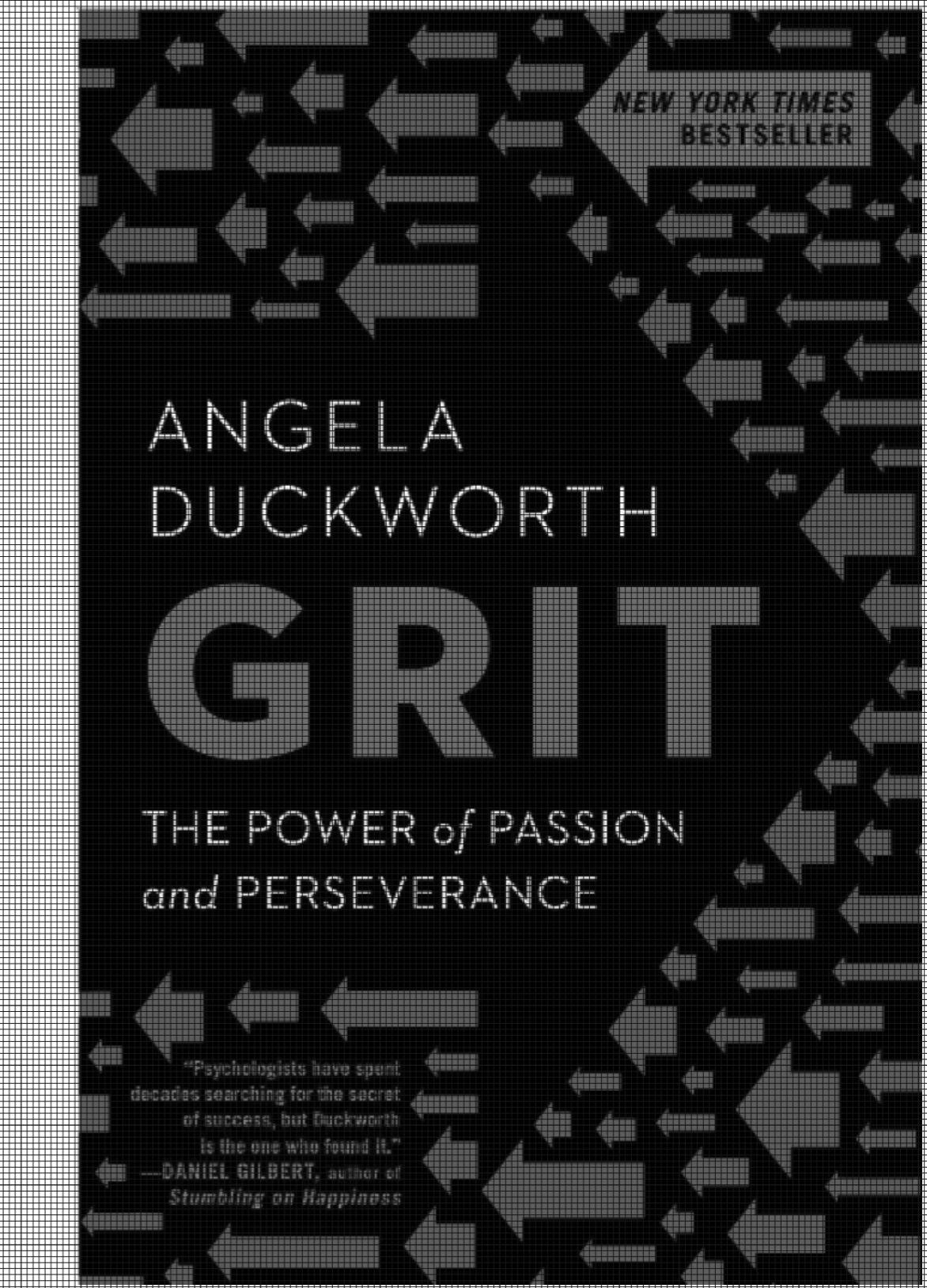
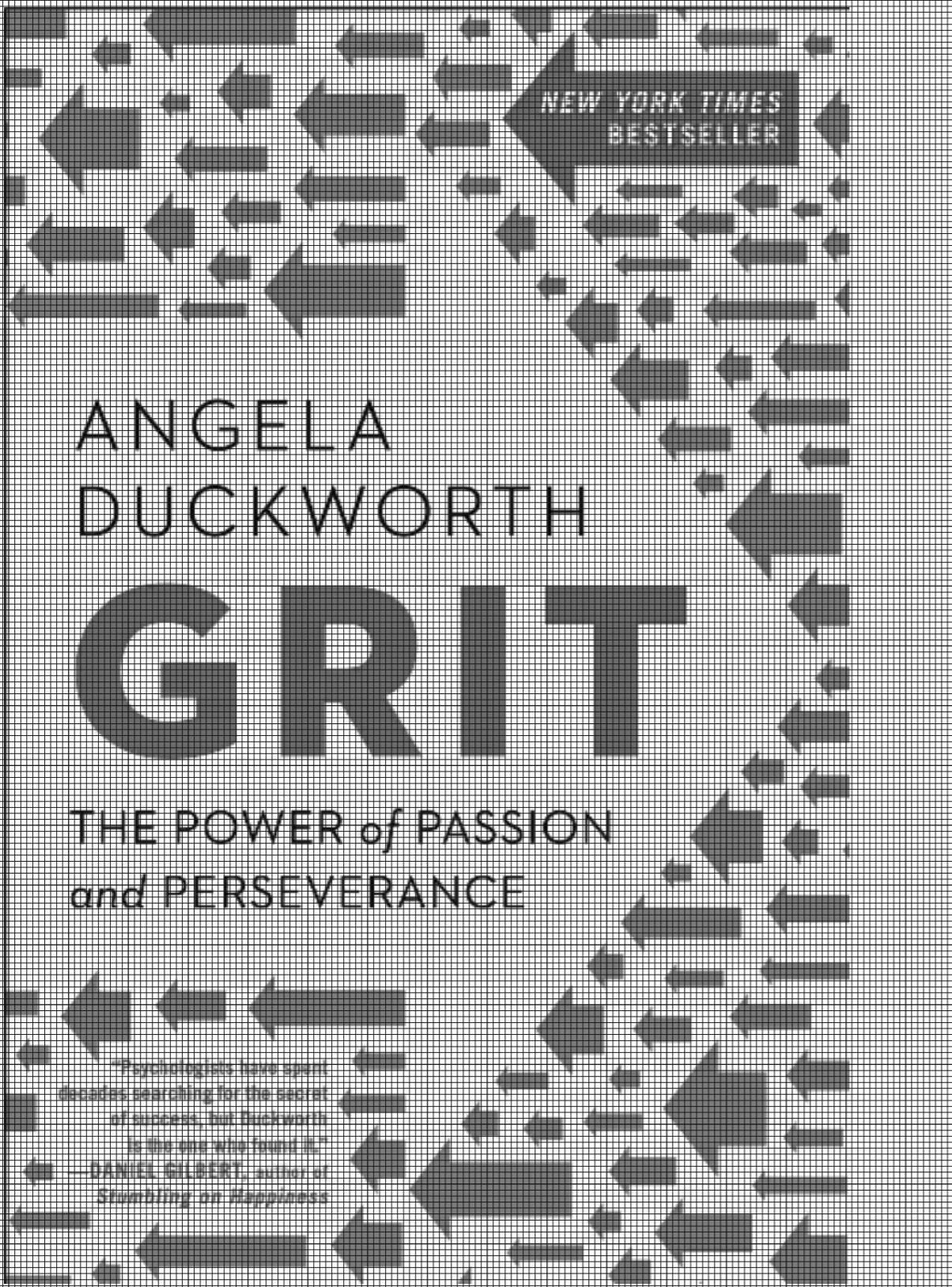
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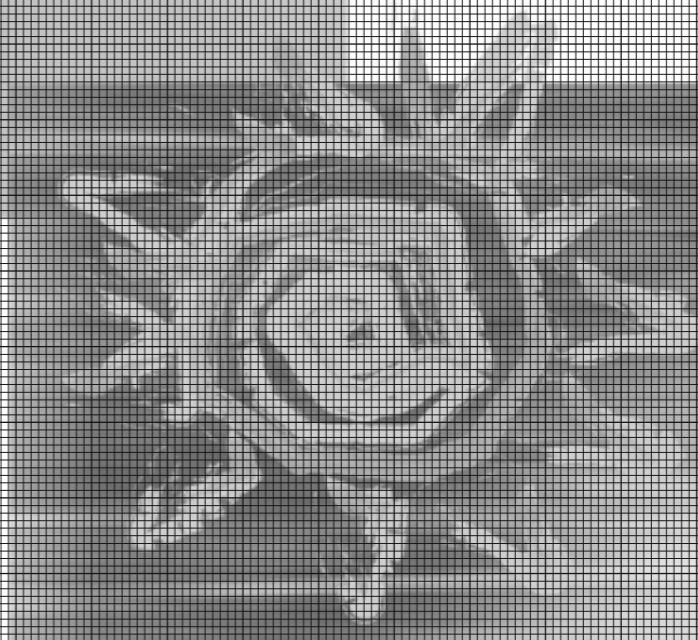
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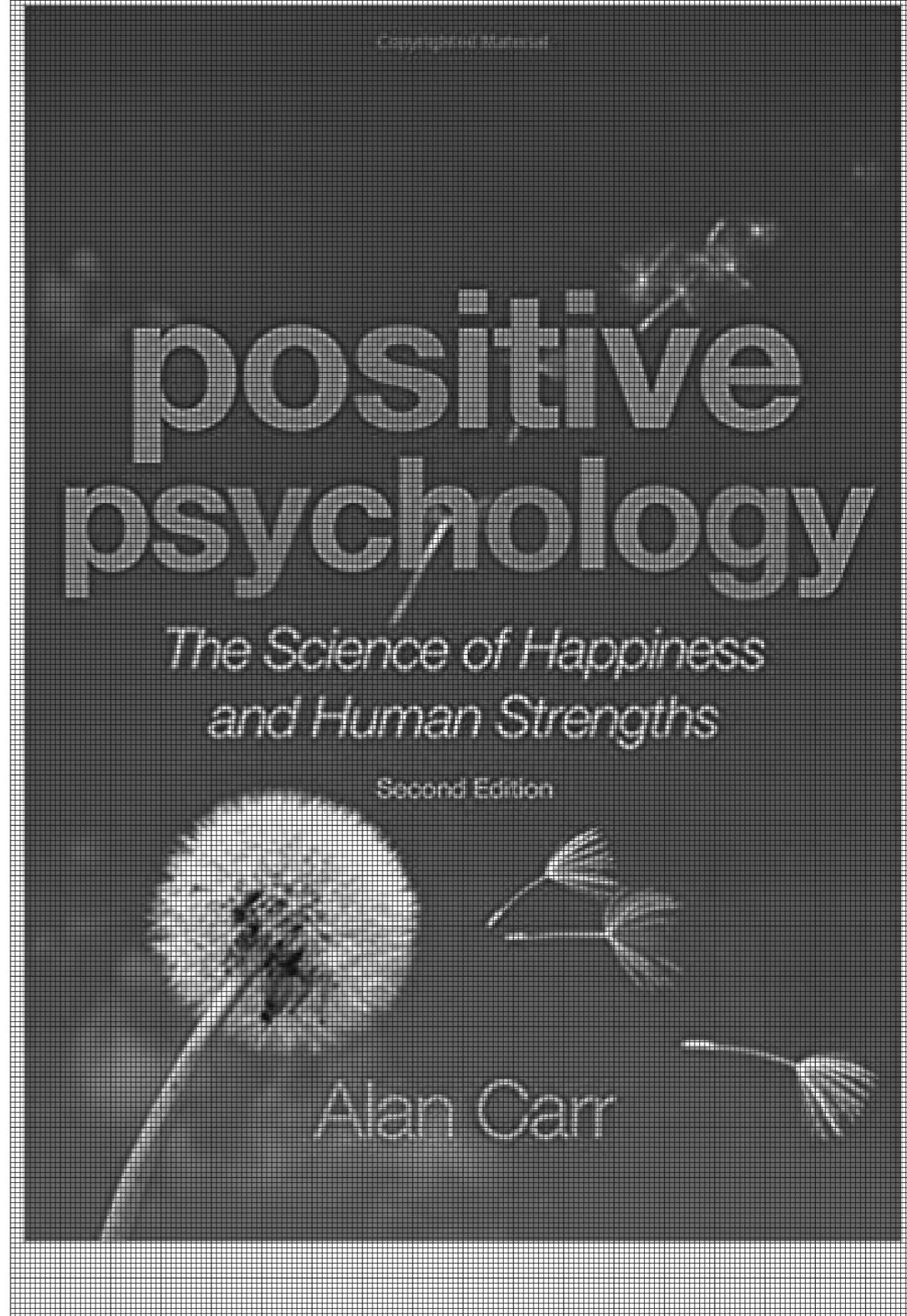
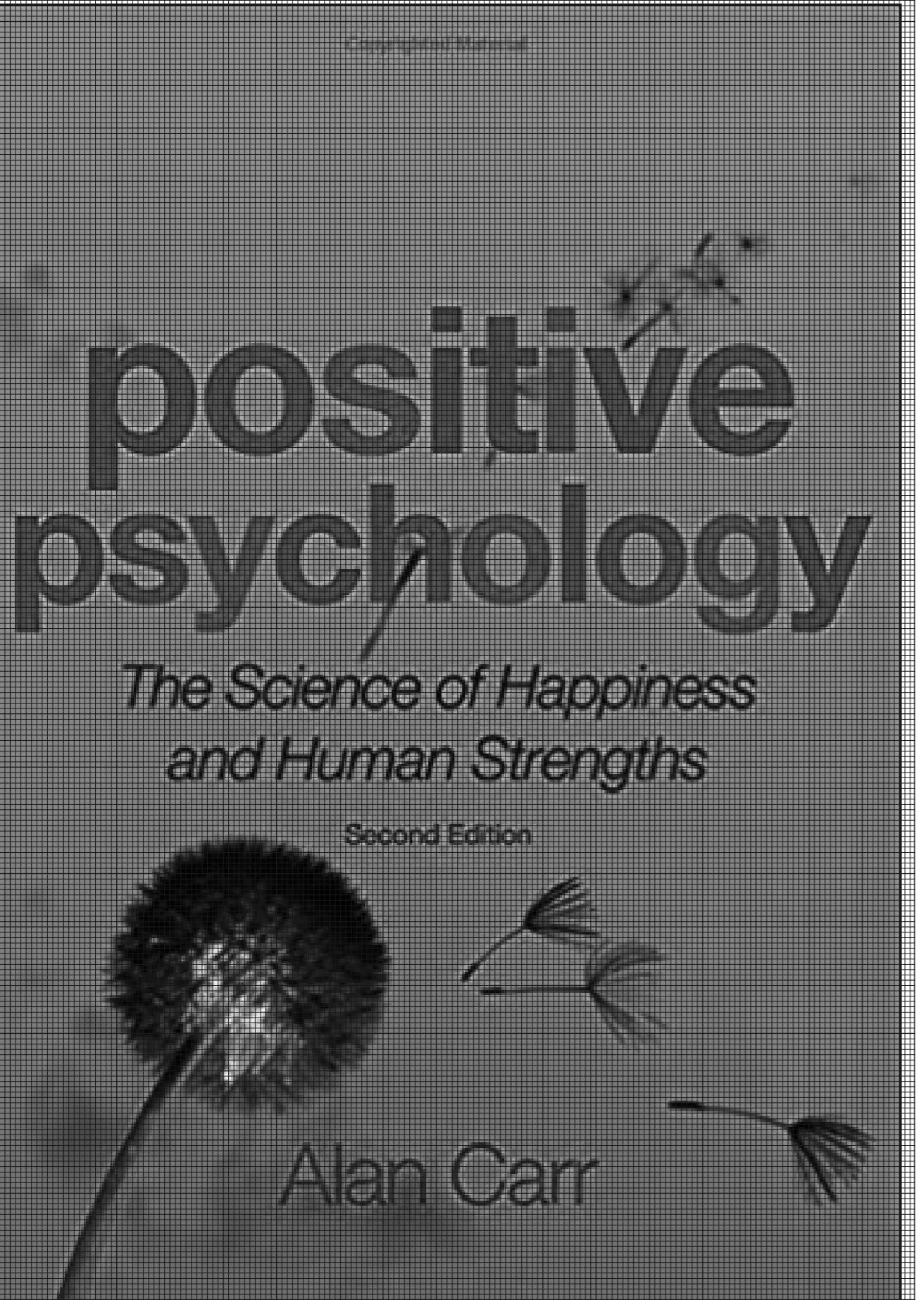
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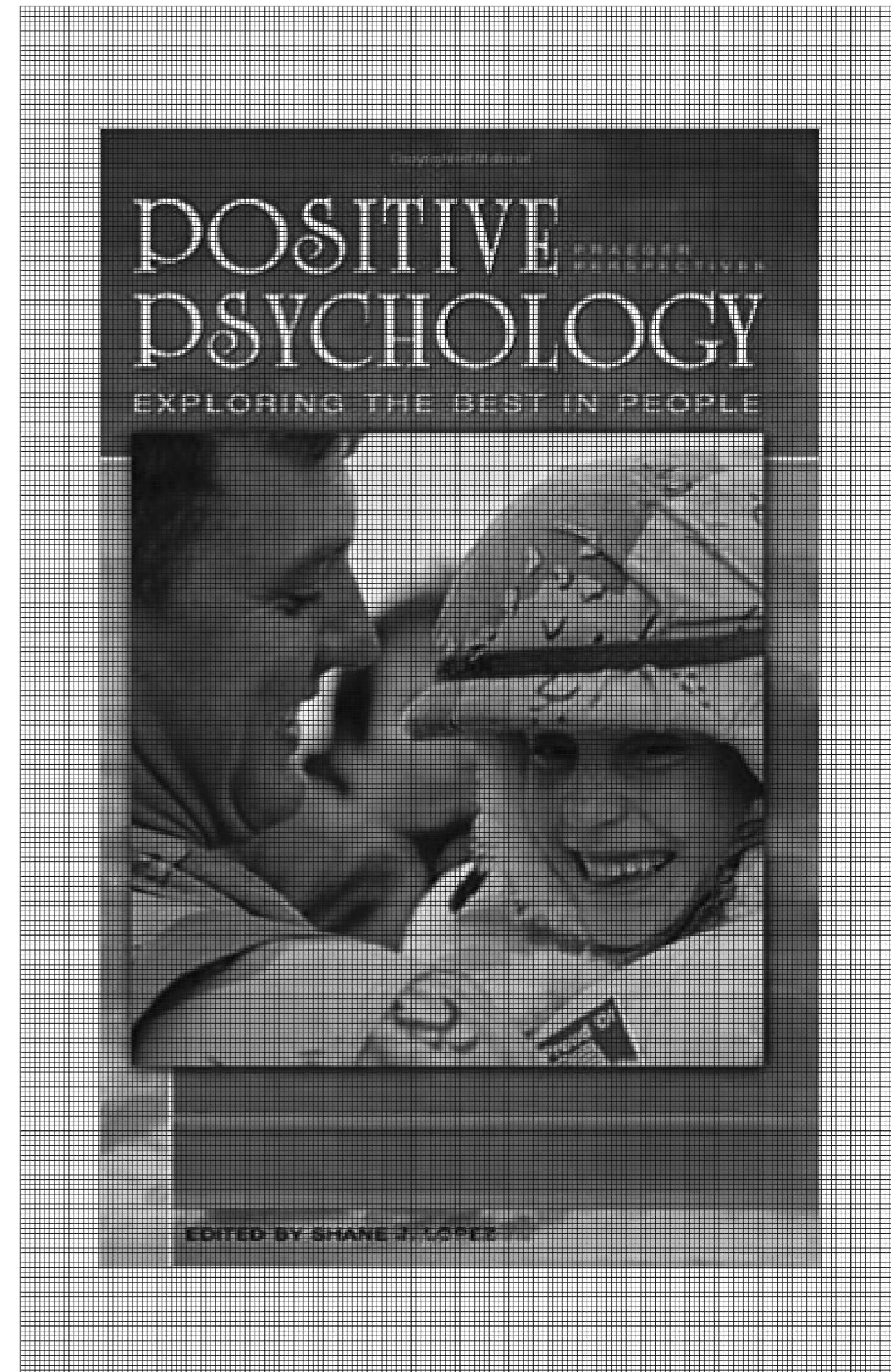
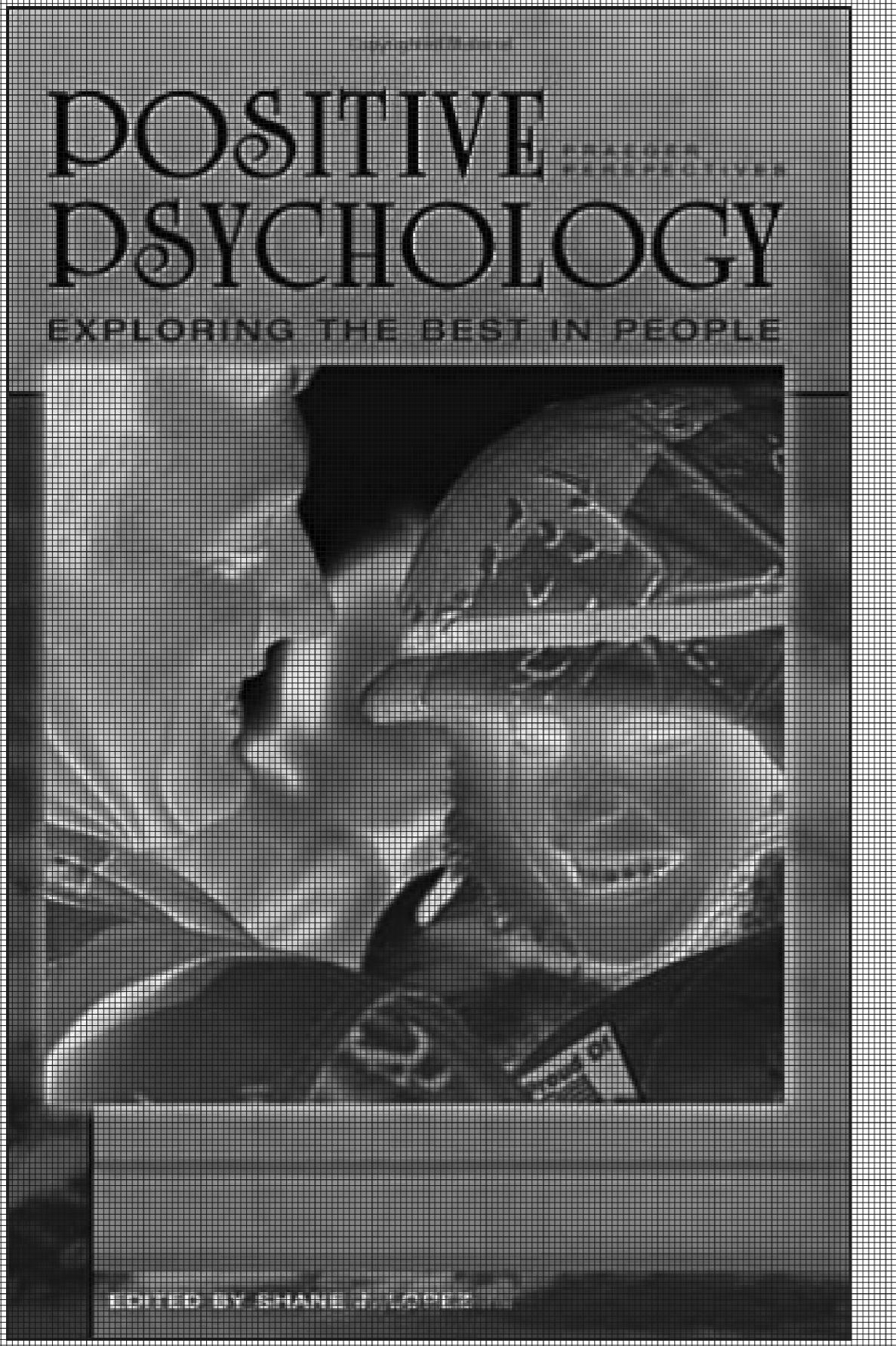
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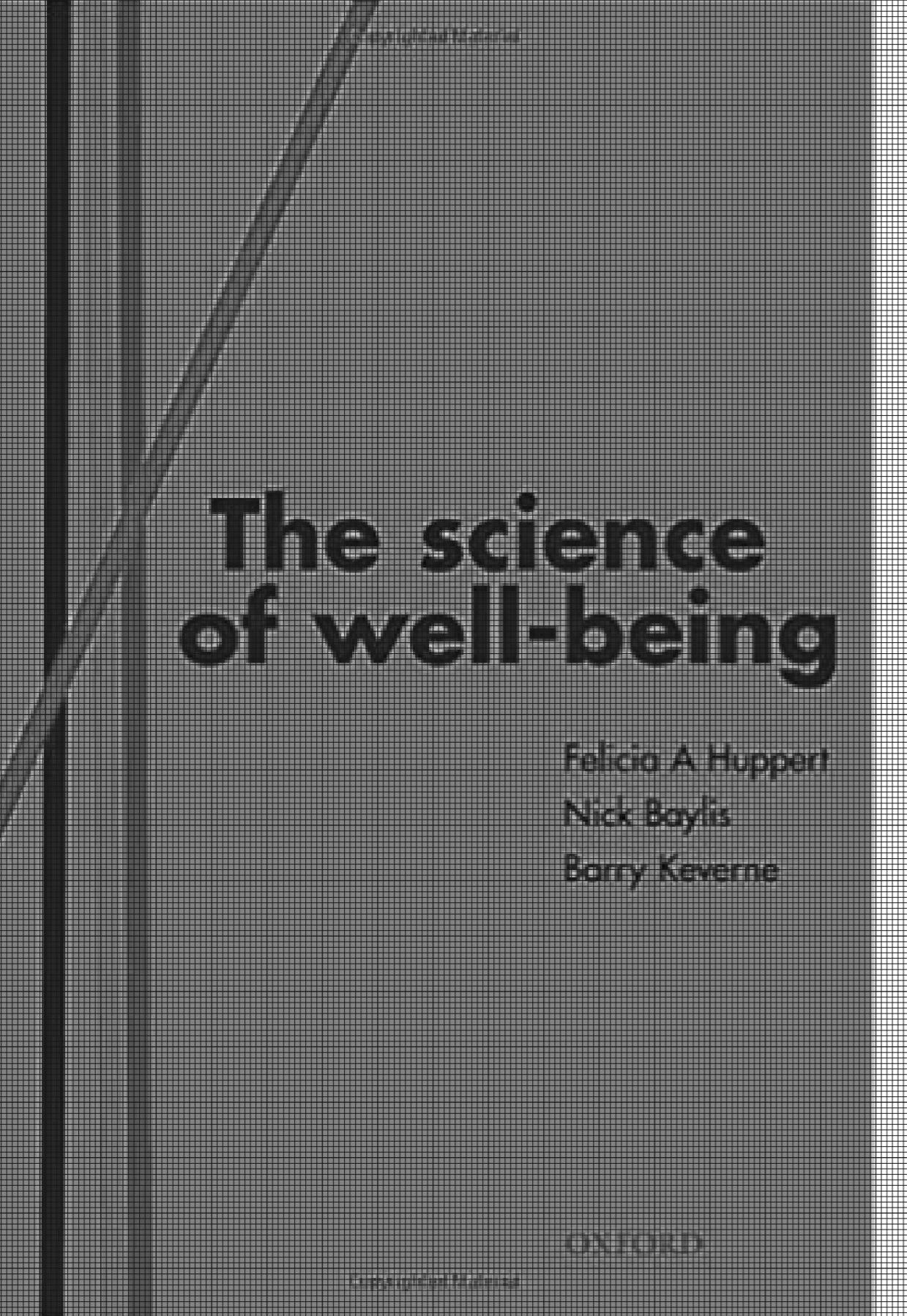
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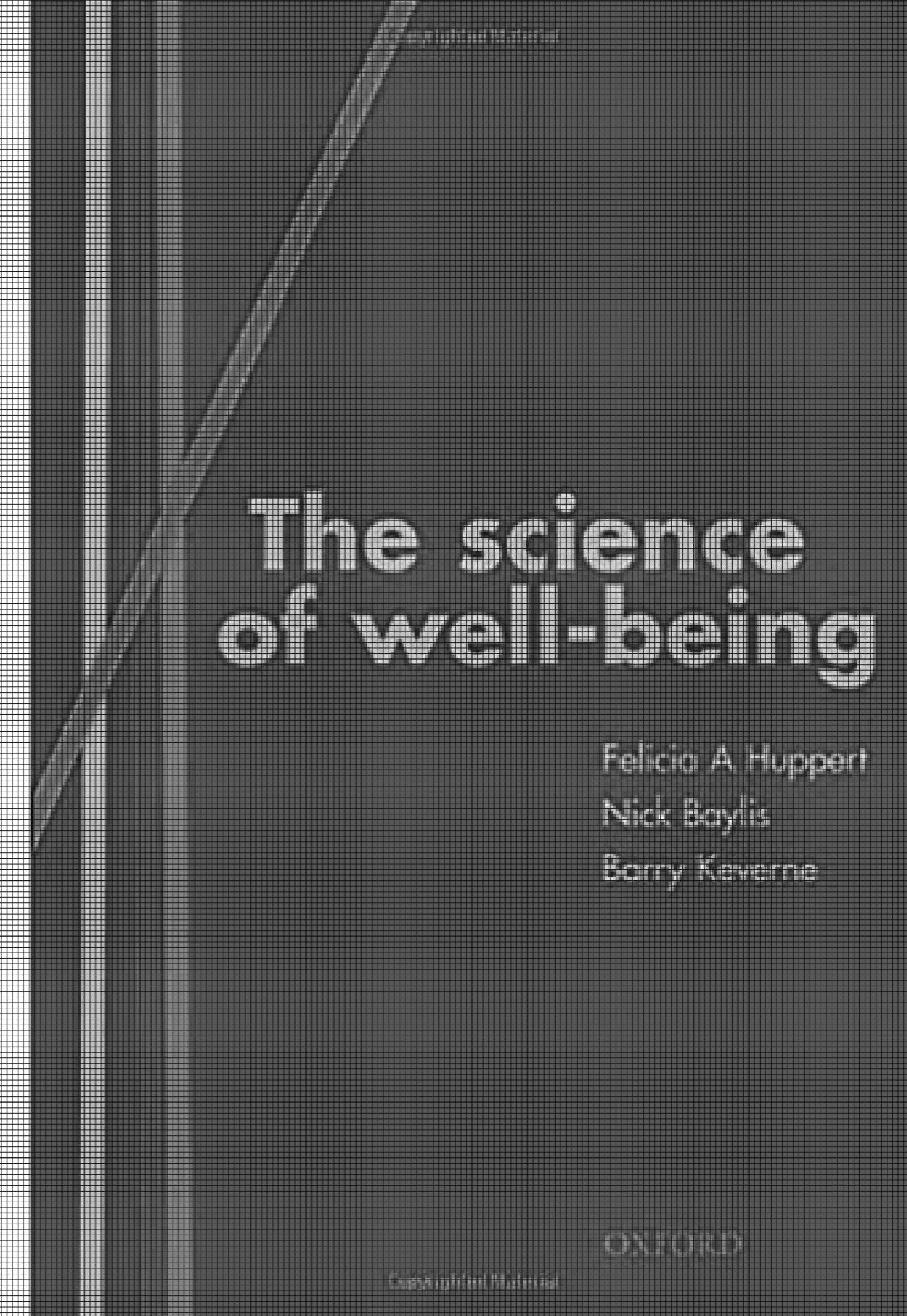
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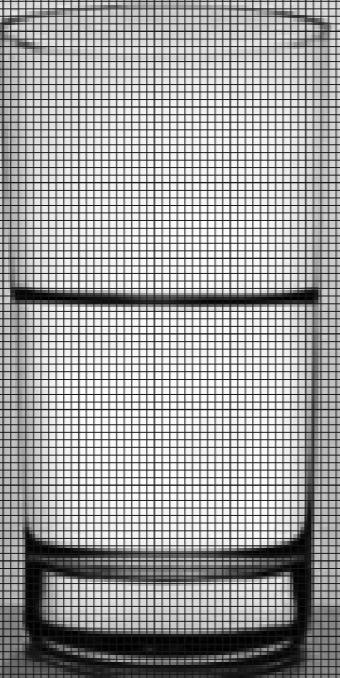
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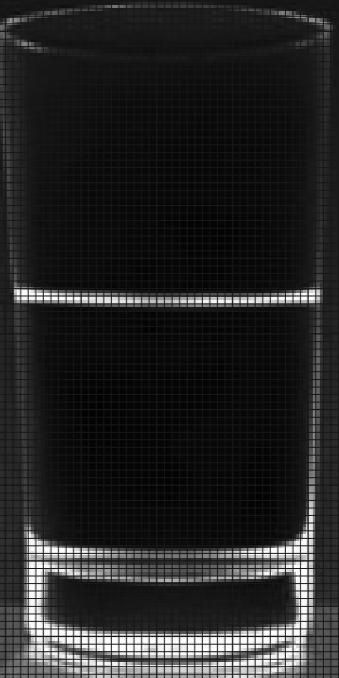
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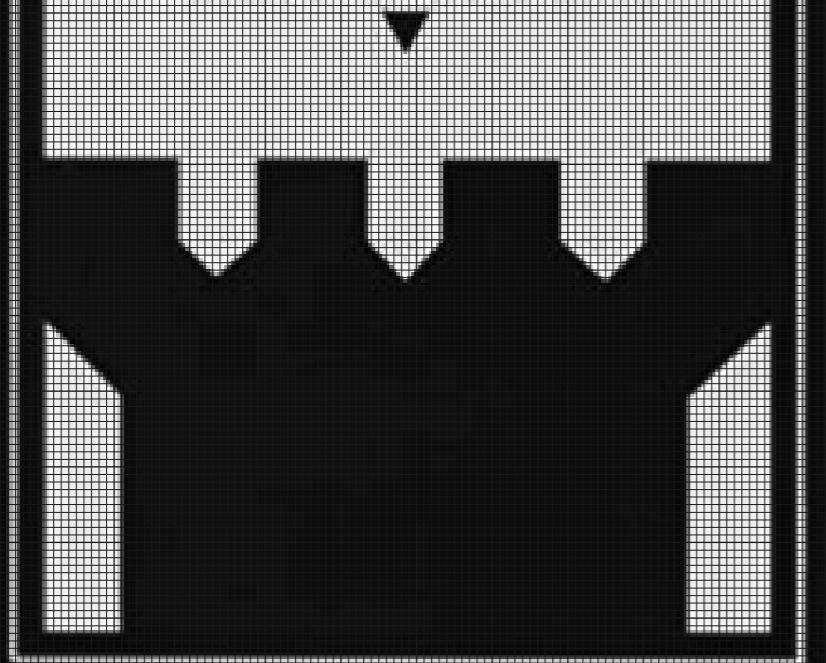
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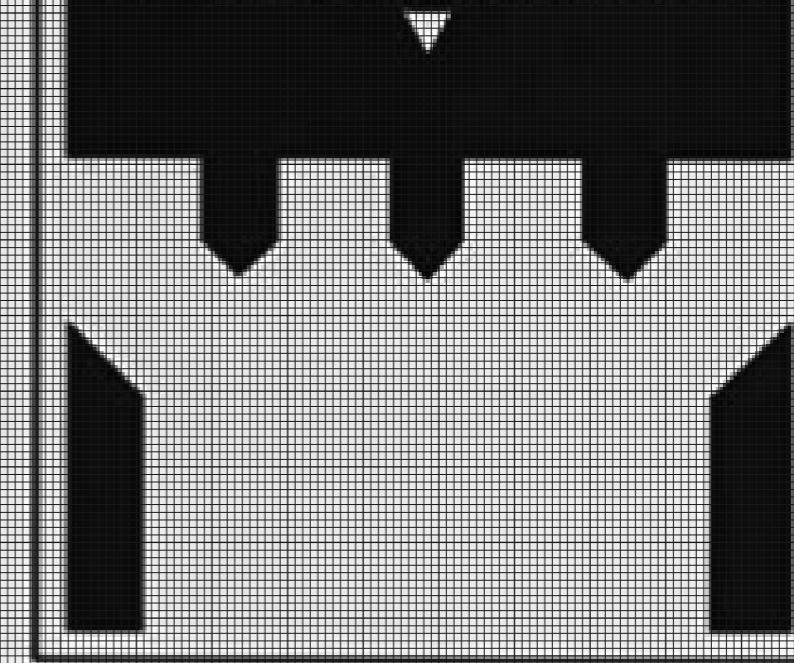
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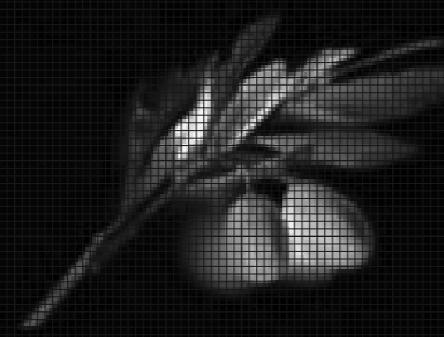


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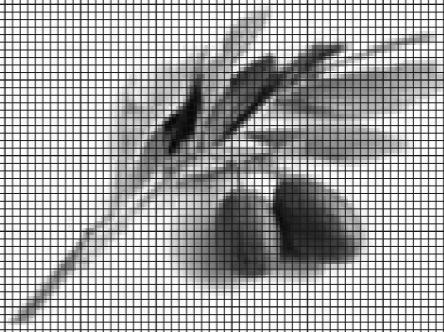


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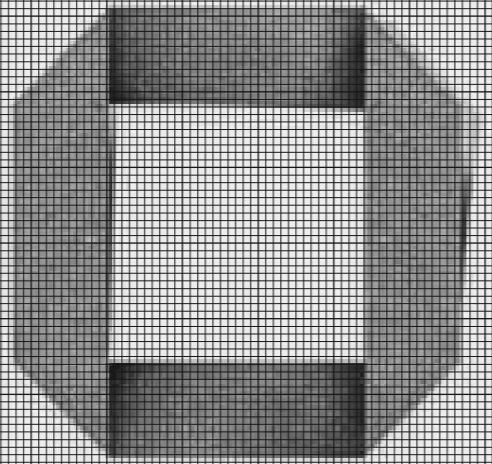
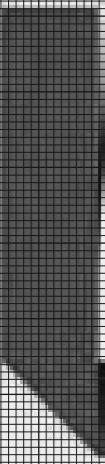
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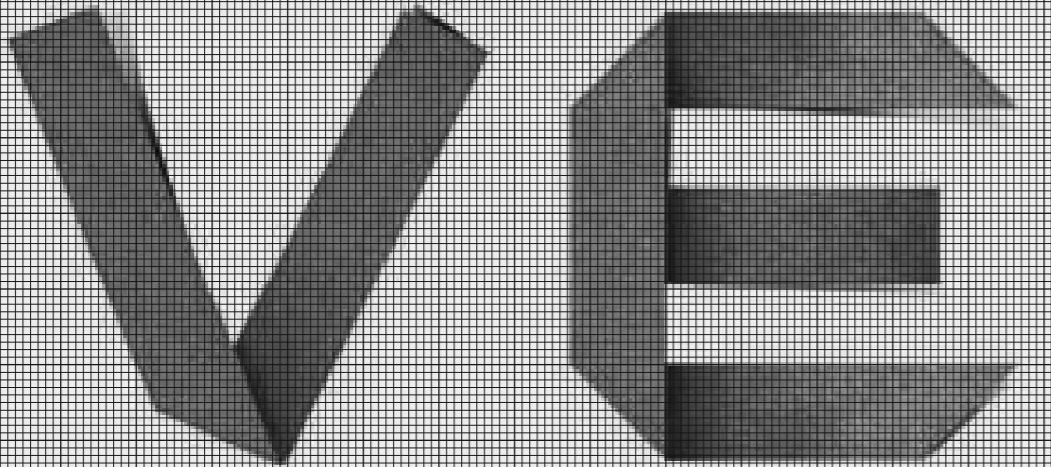


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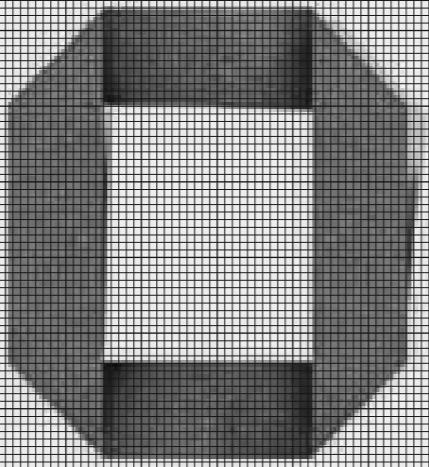
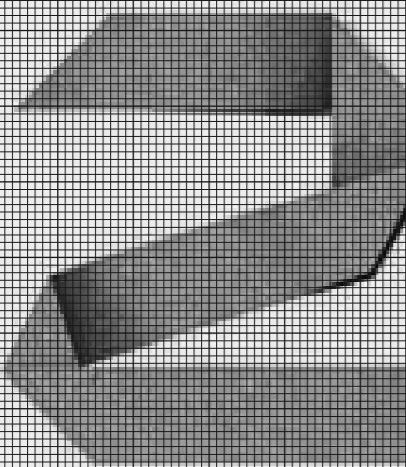
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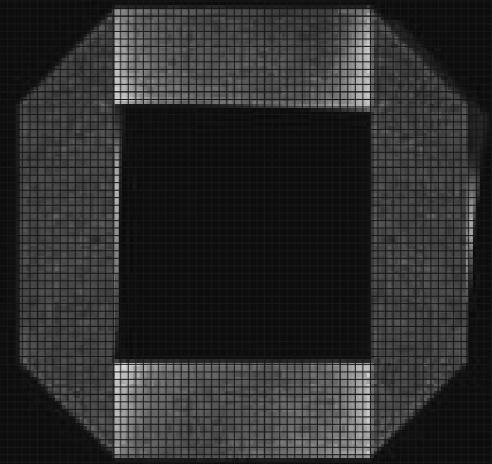
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Everything We Feel, Think, Do, and Become



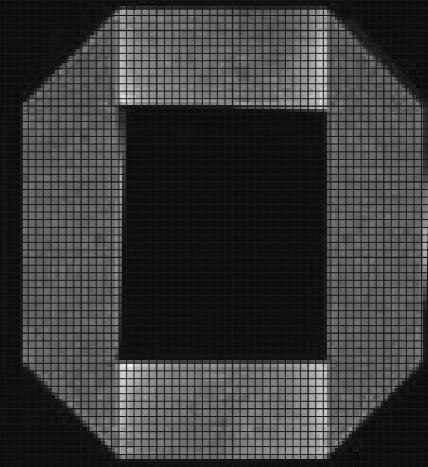
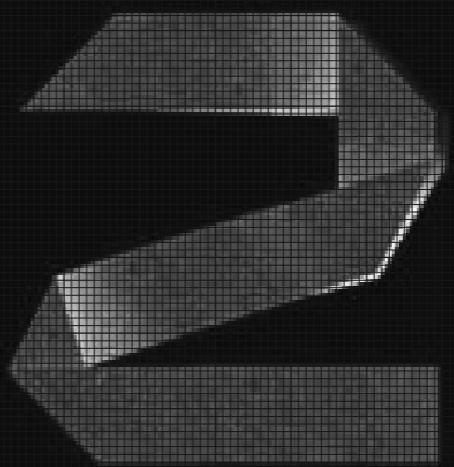
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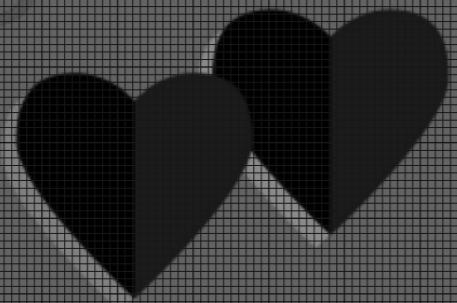


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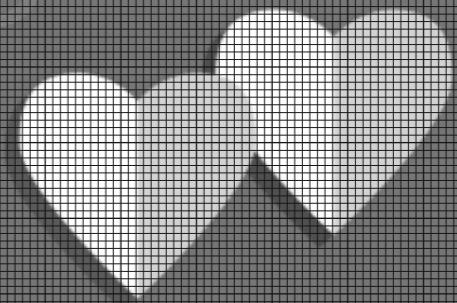
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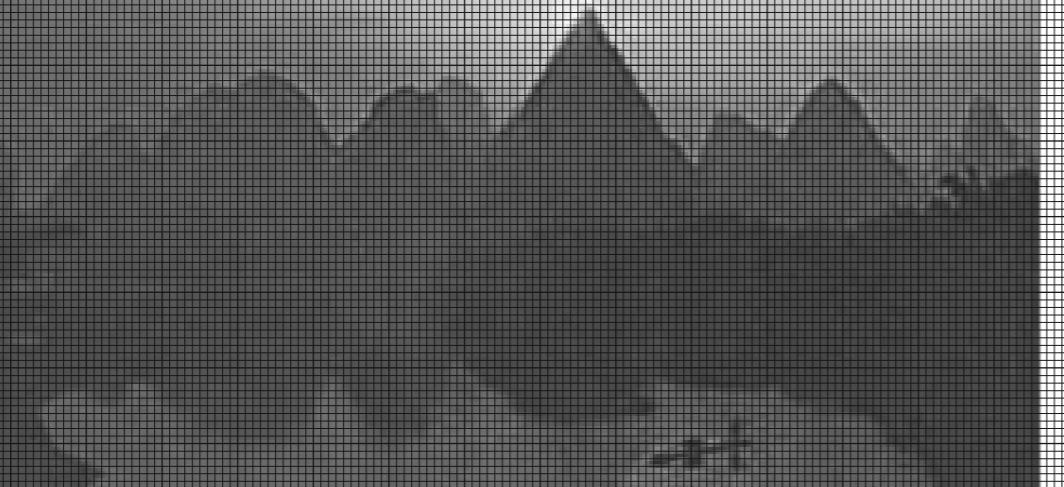
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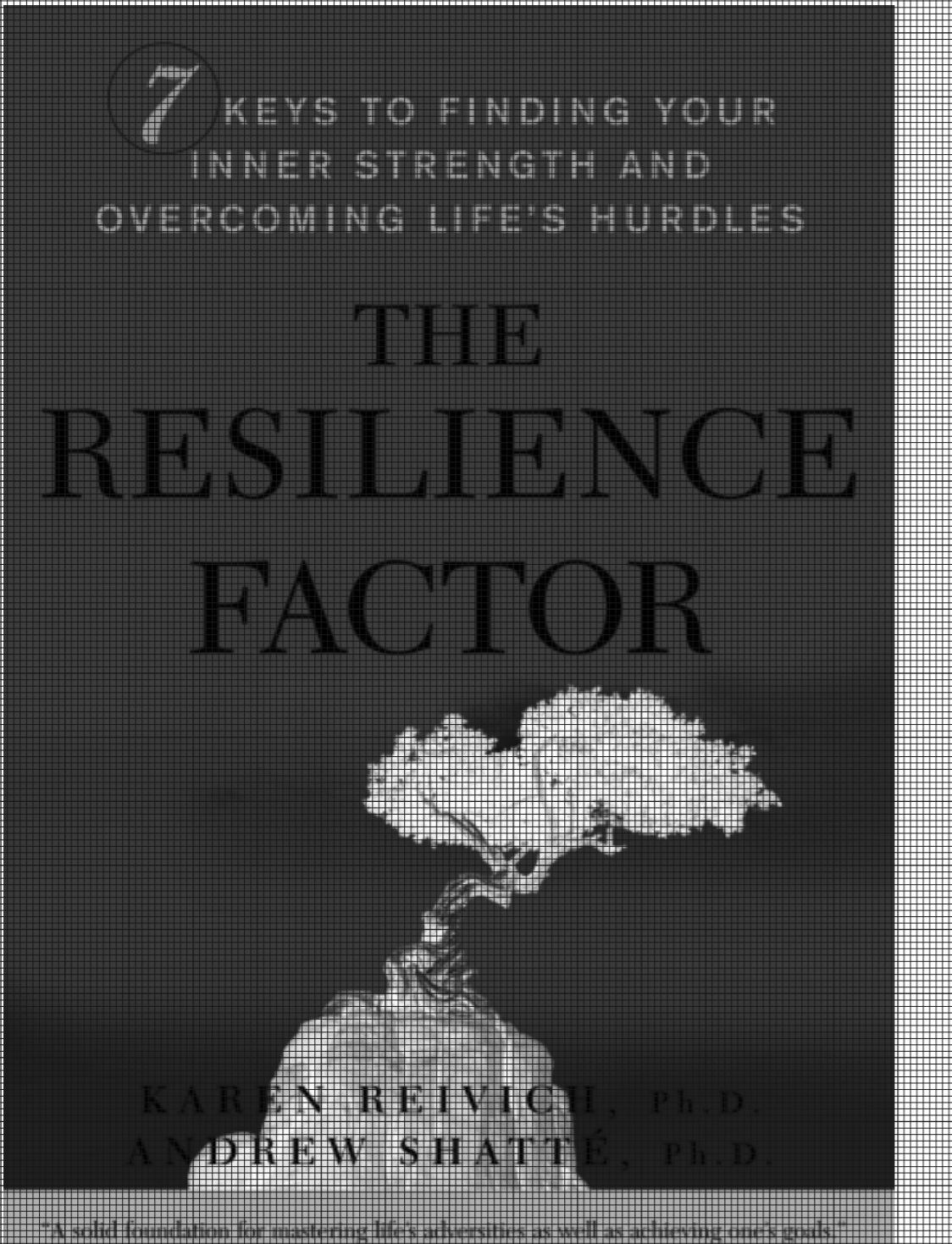
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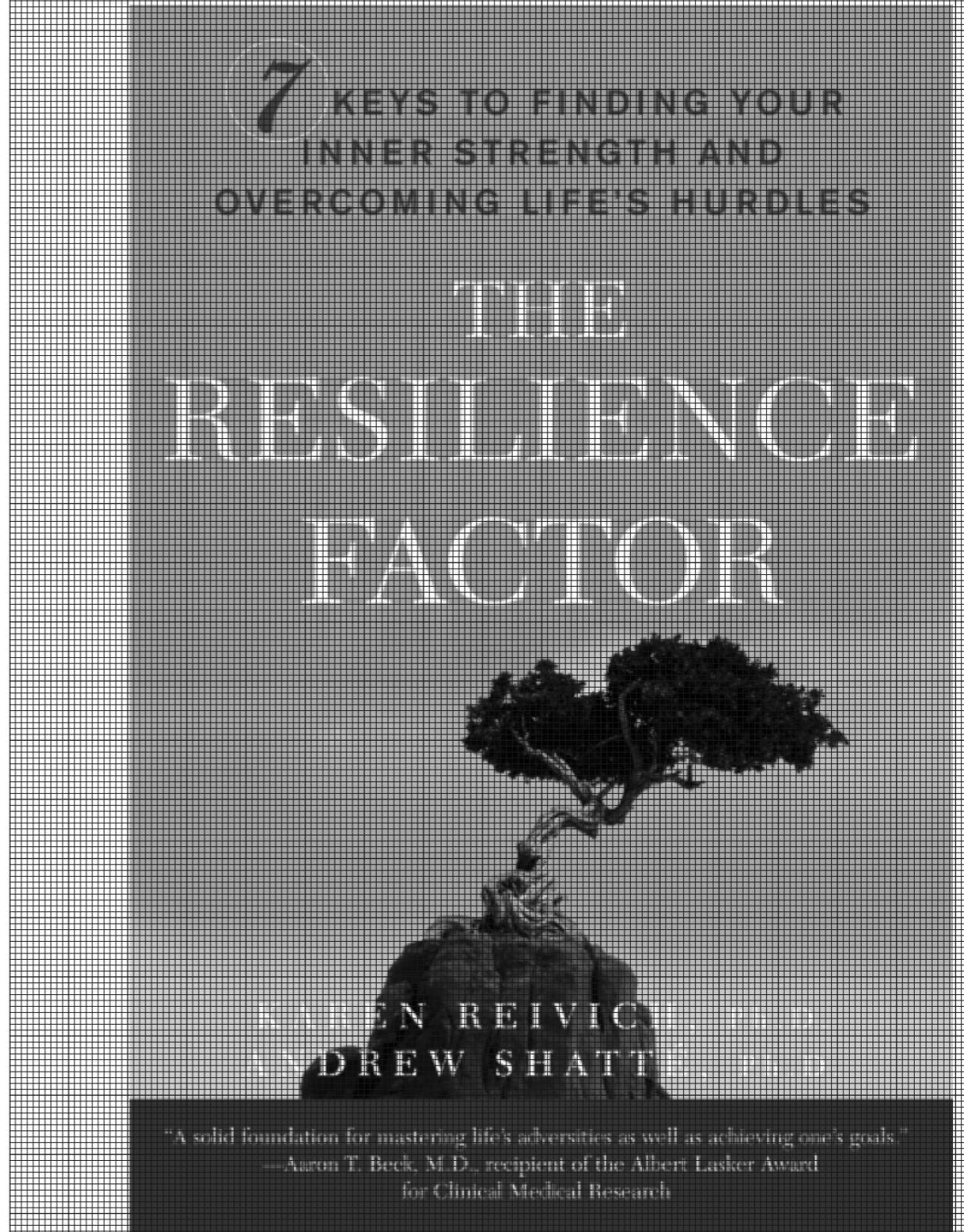
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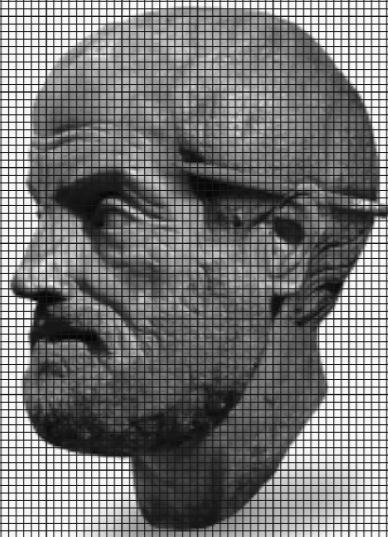
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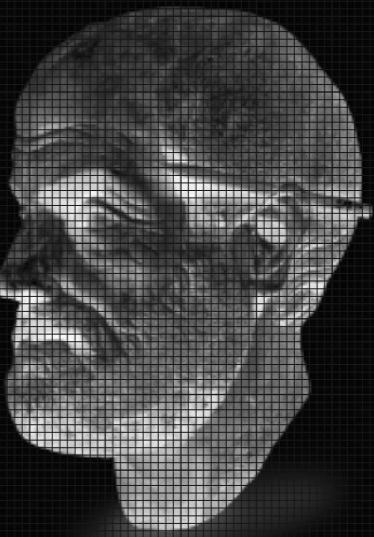
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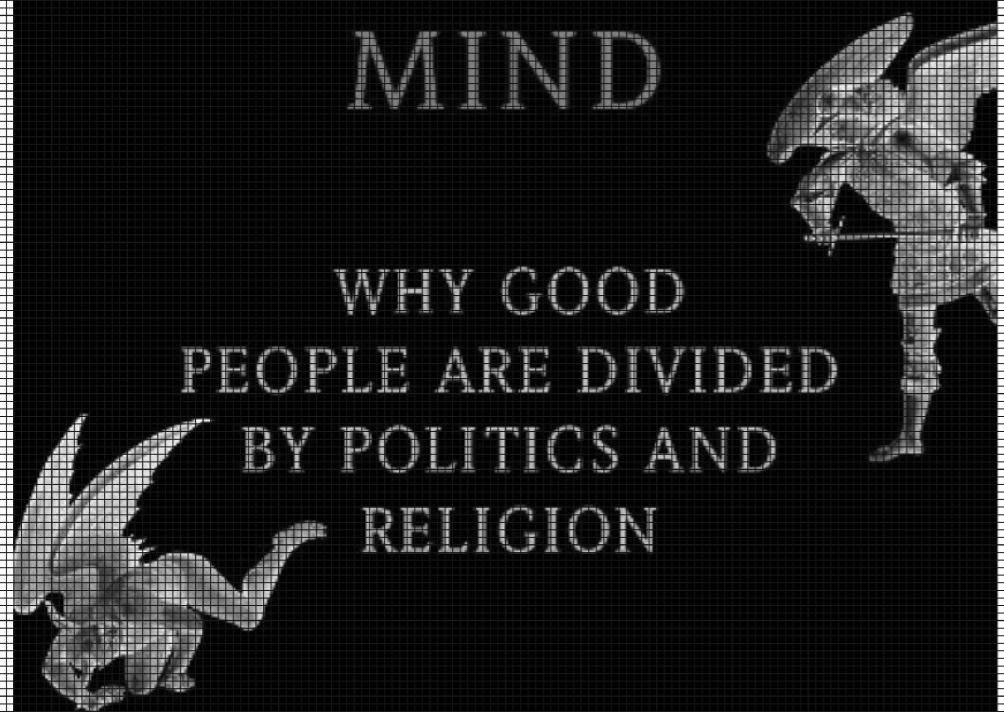
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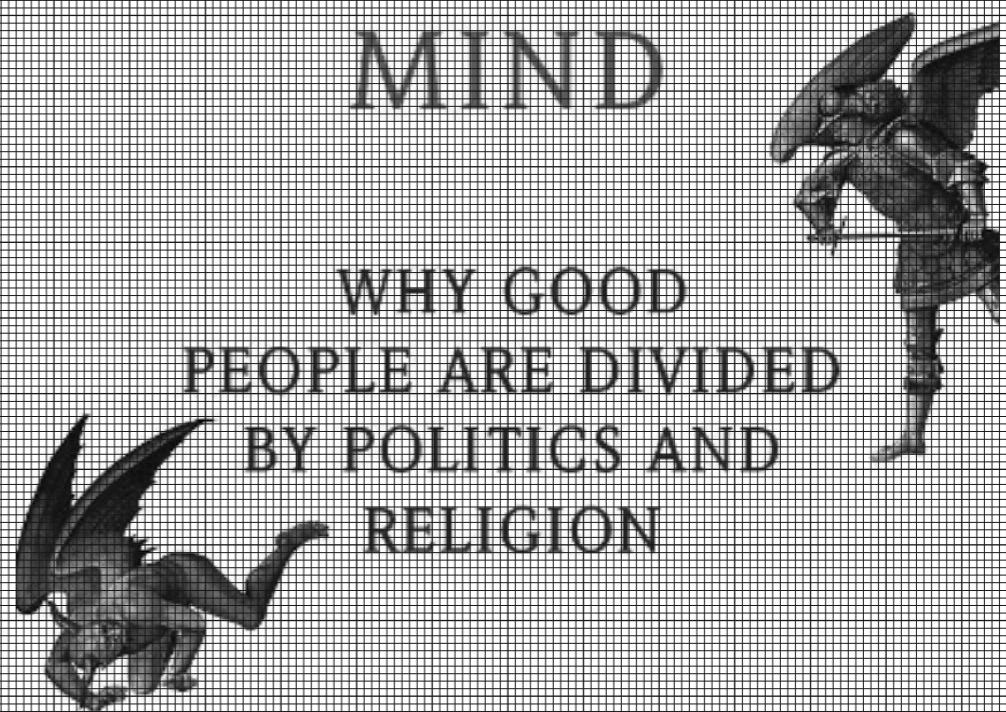


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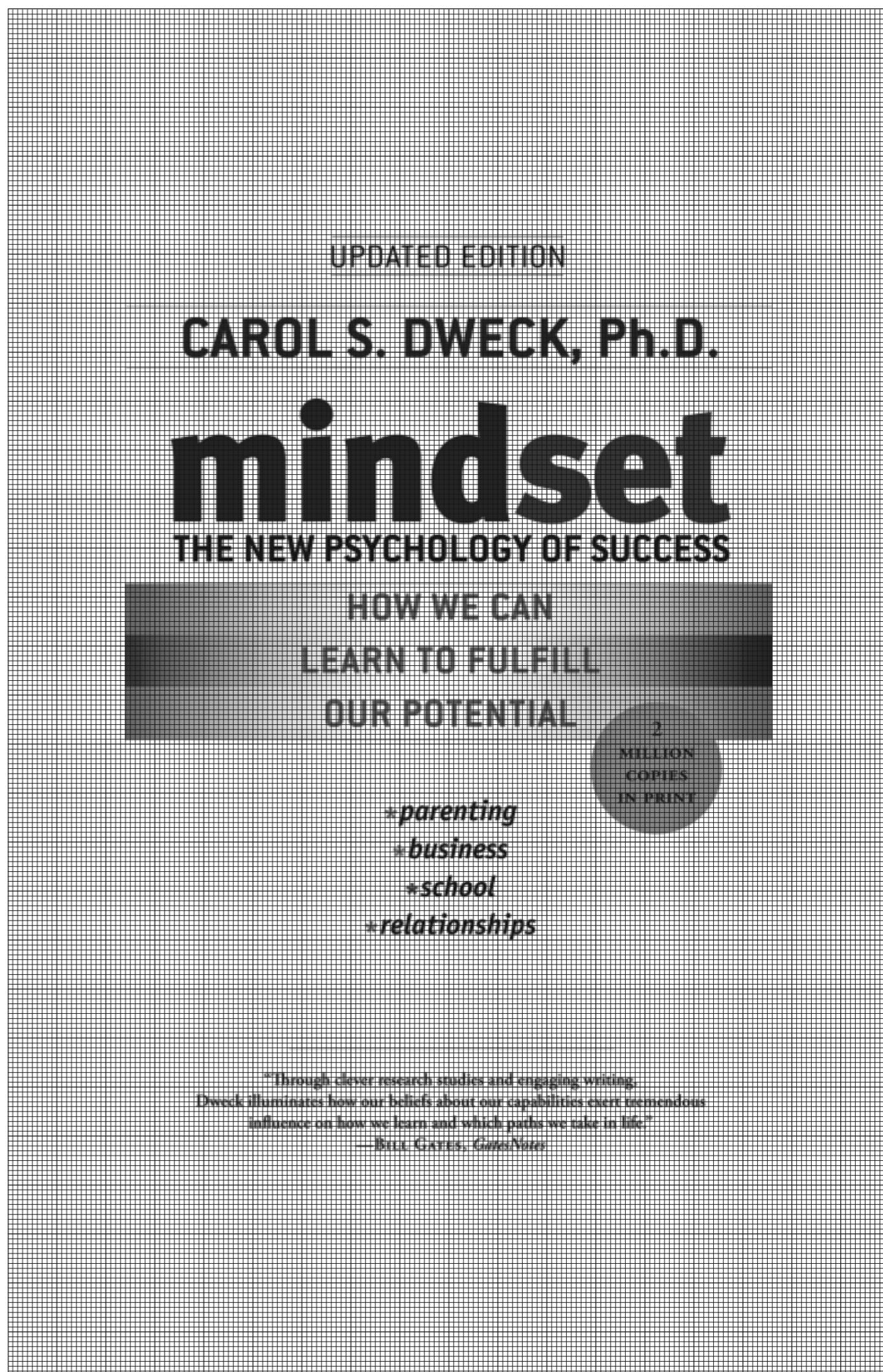
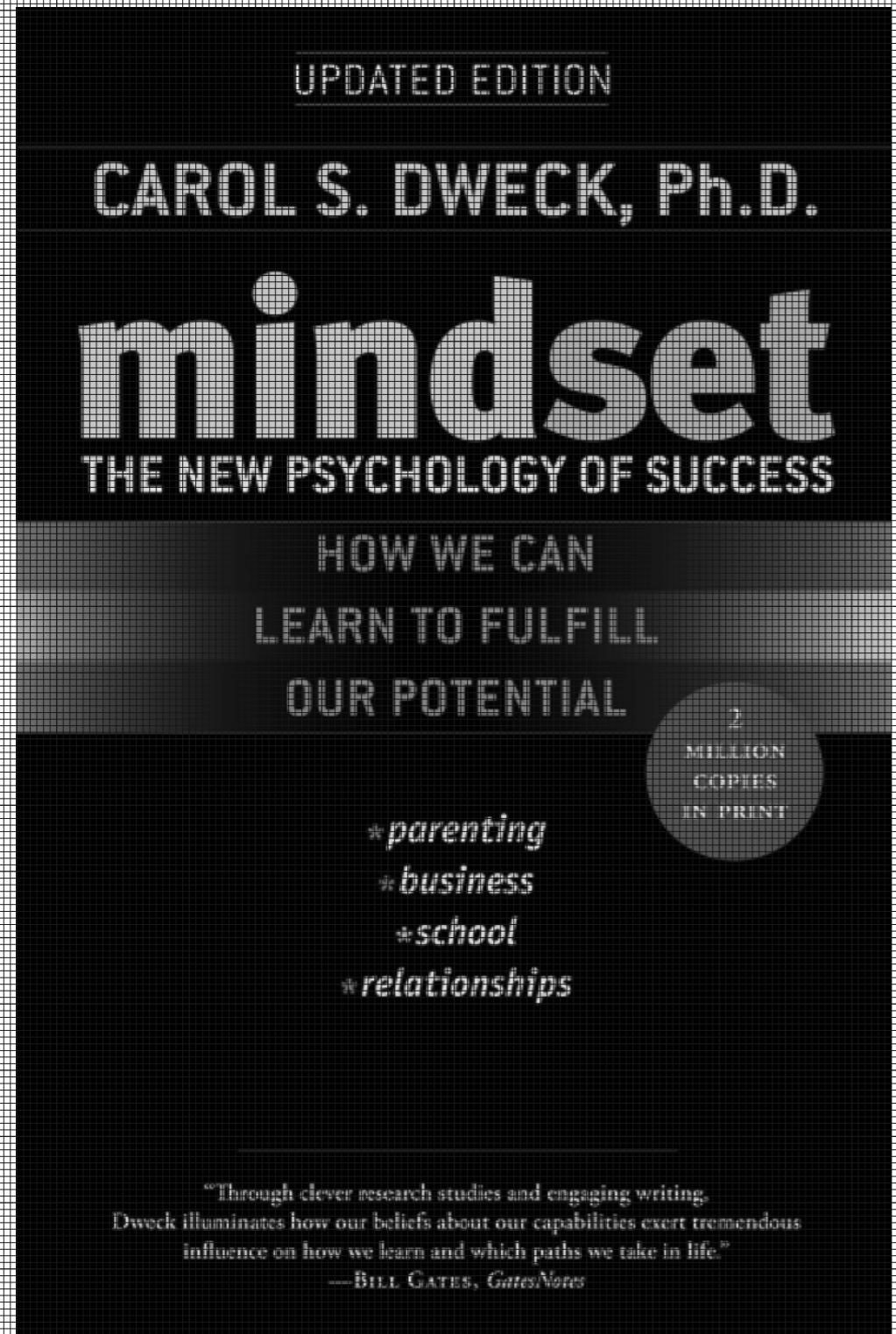
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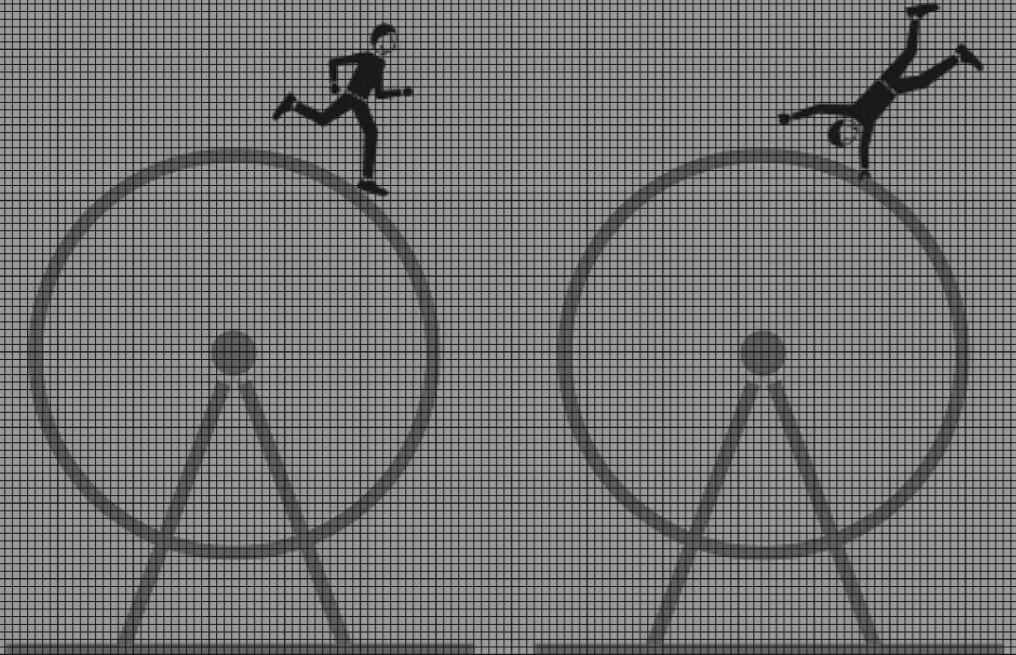
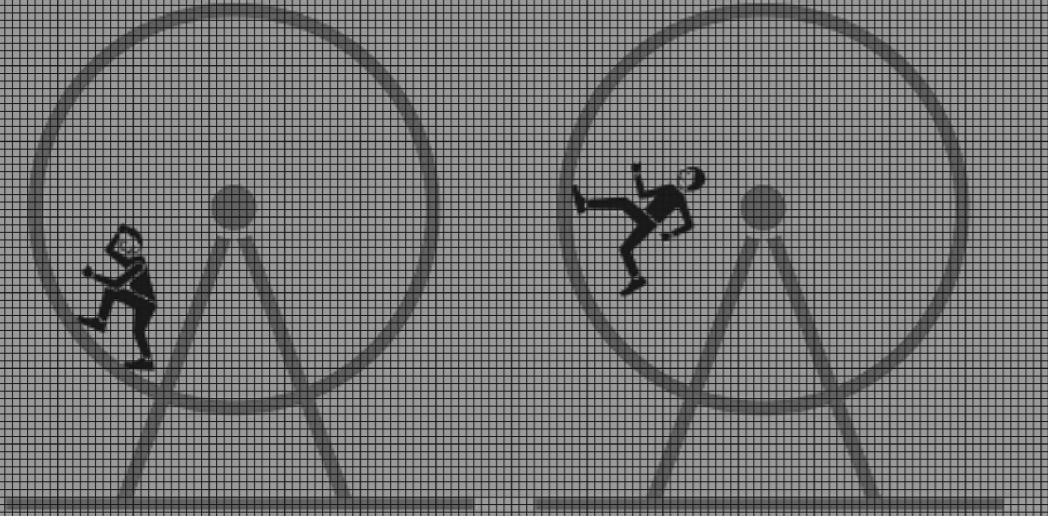
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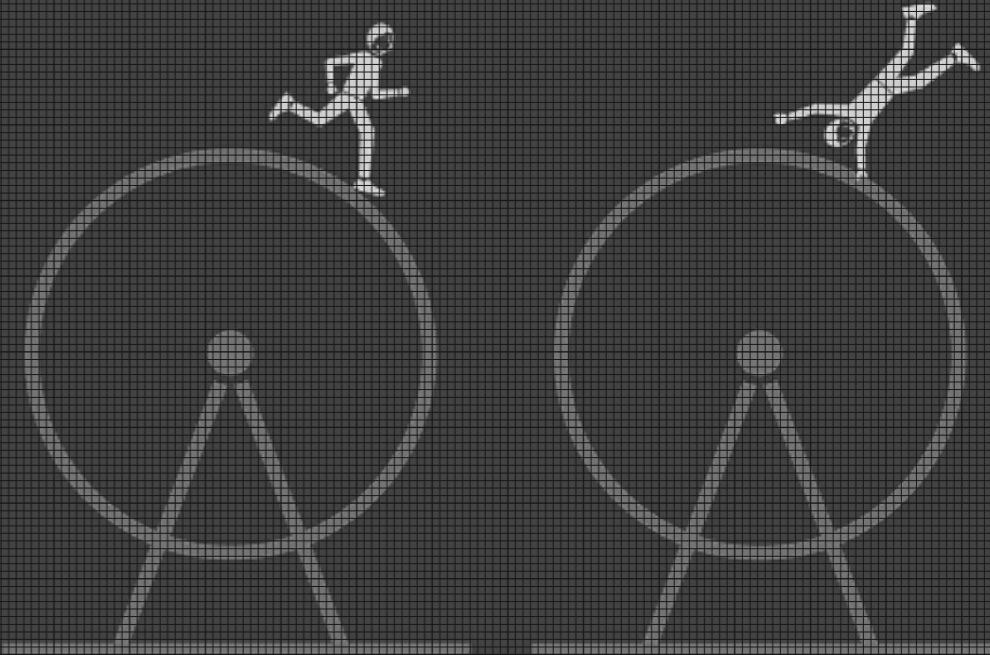
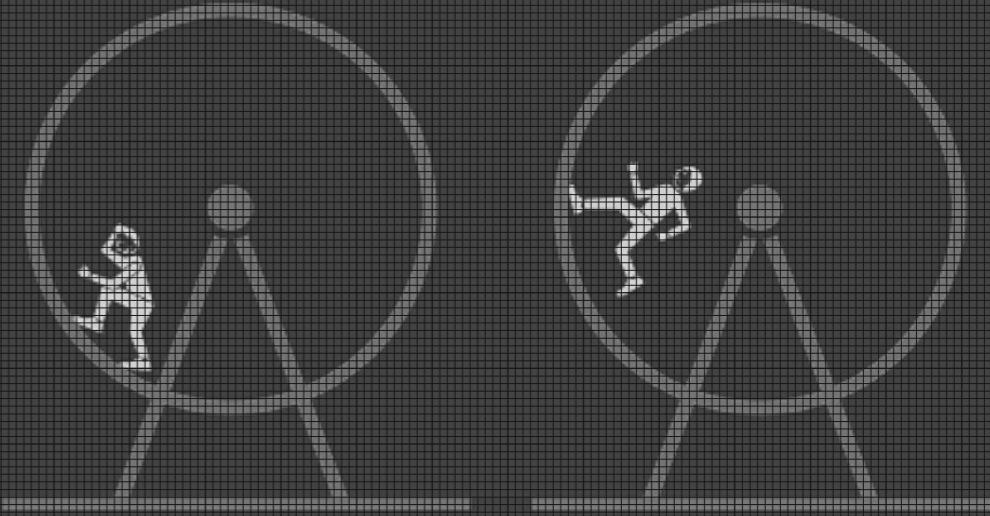
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Charles Duhigg

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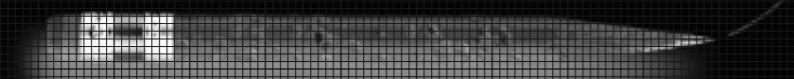
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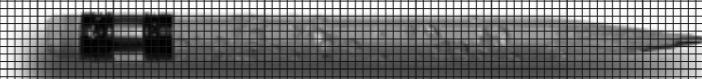
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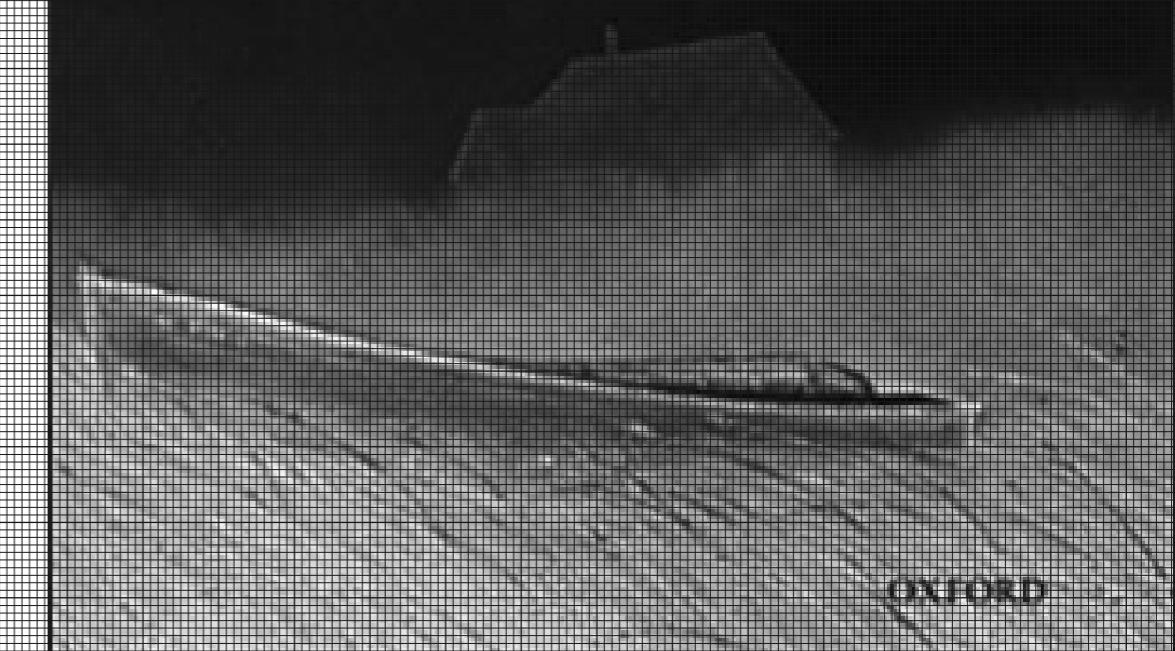


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DANIEL M. HABERON



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to achieving success,
spreading happiness,
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SCIENCE, MORALITY
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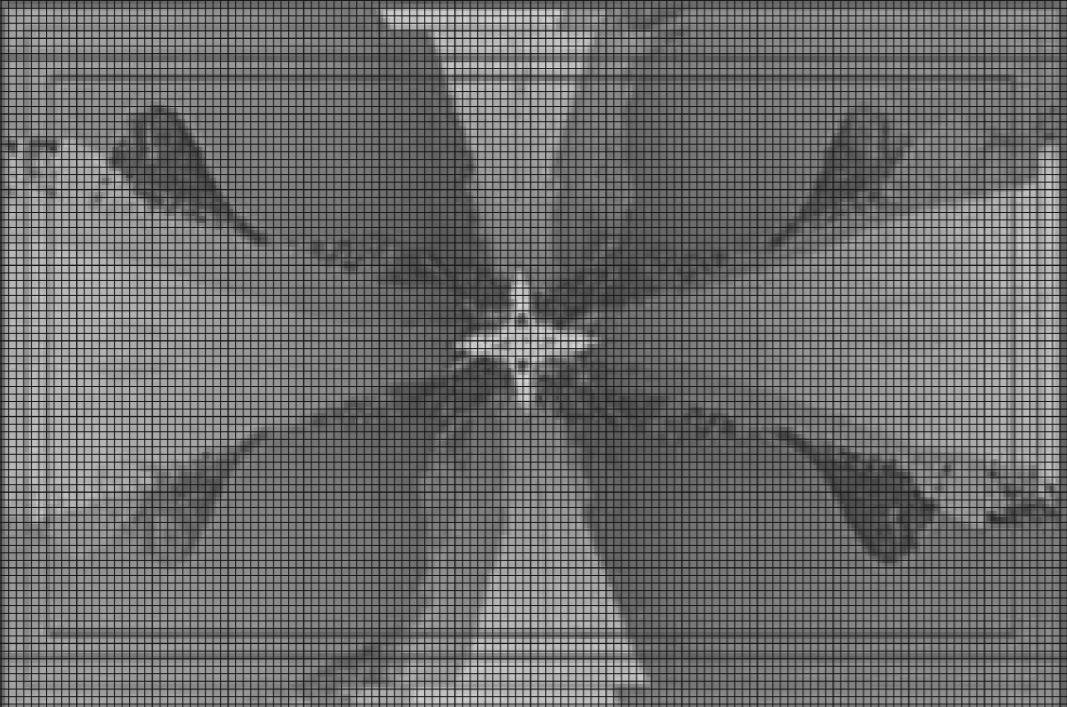
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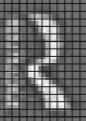
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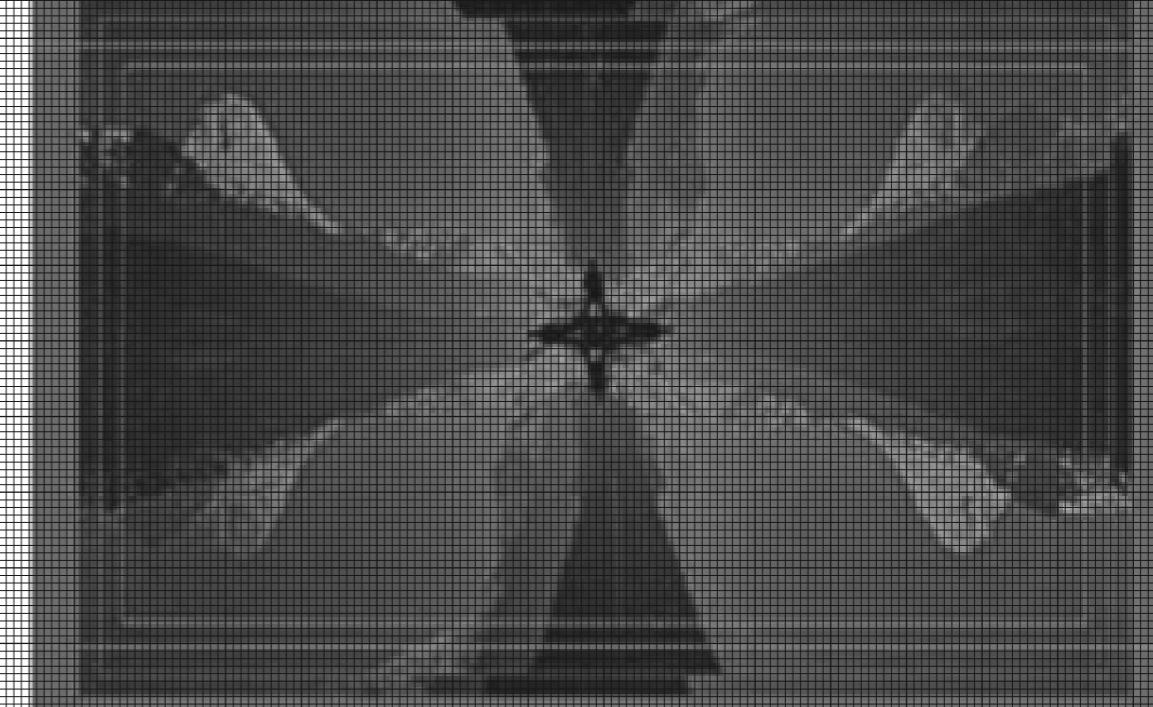
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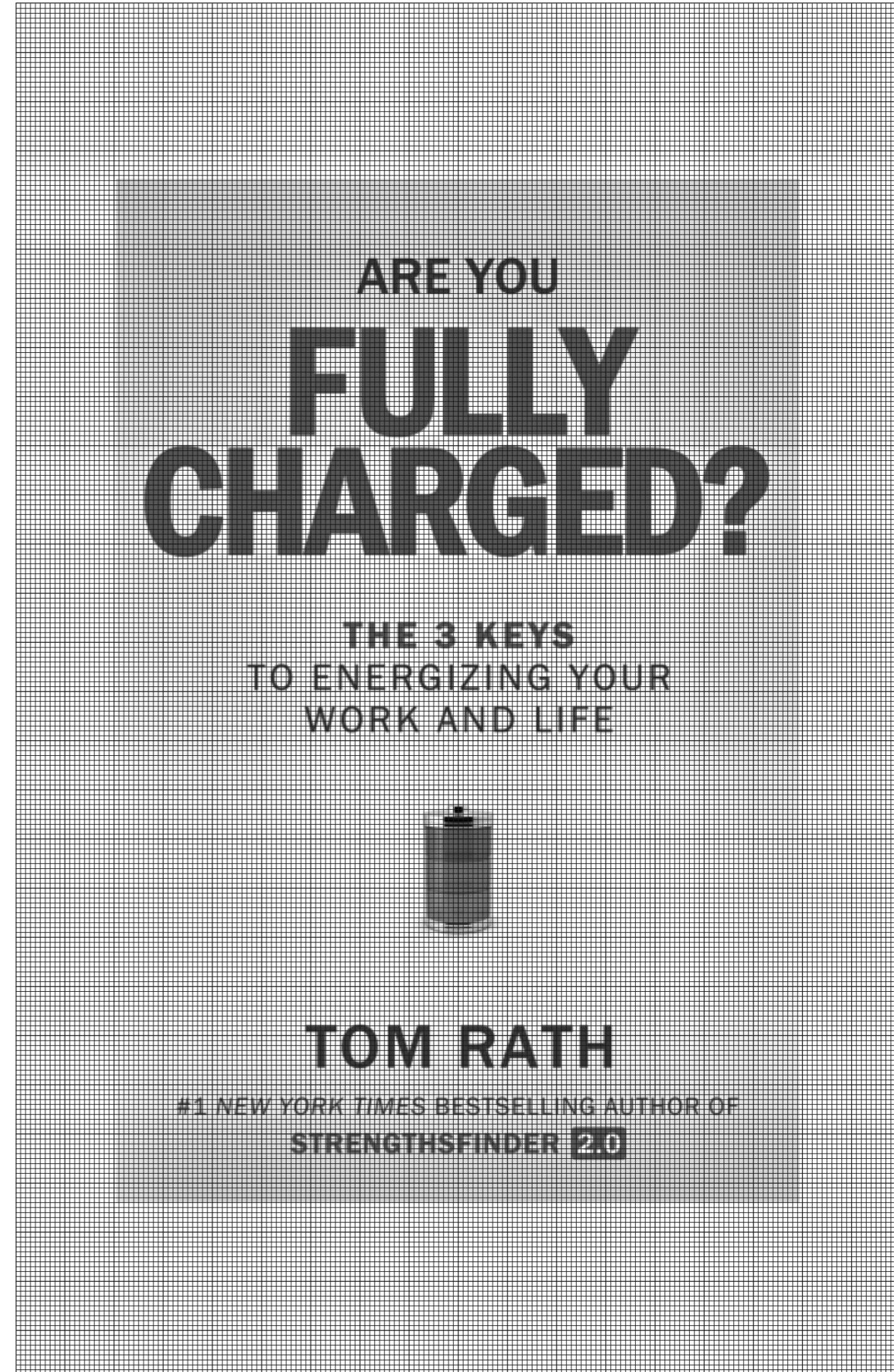
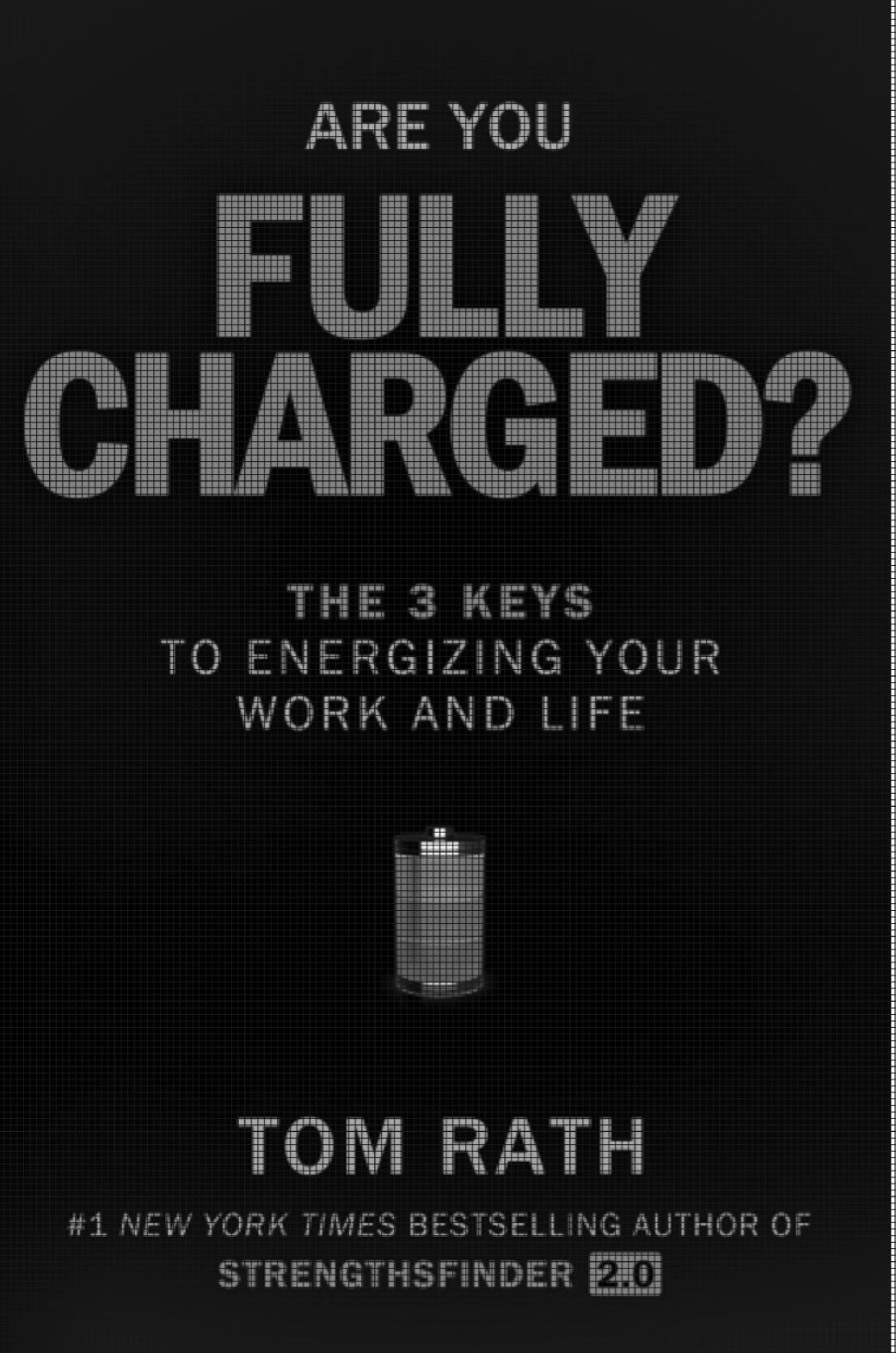
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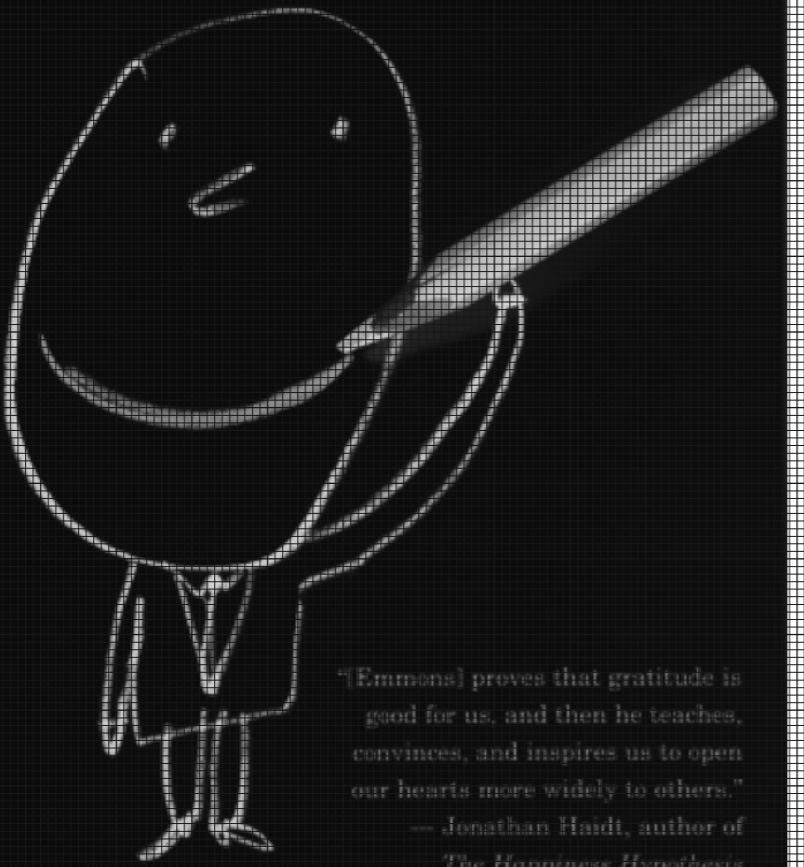
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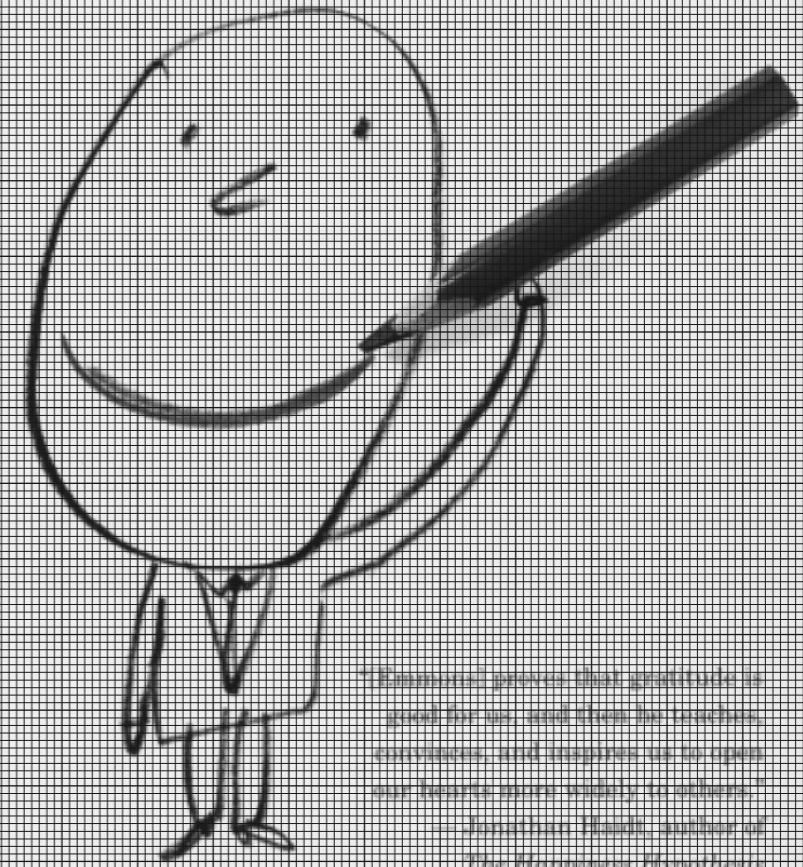
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