



Emotion Experience and Well-Being

Instructor Manual

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Outside Resources

Journal: If you are interested in direct access to research on emotion, take a look at the journal *Emotion*

<http://www.apa.org/pubs/journals/emo/index.aspx>

Video: Check out videos of expert emotion researchers discussing their work

http://www.youtube.com/playlist?list=PLh9mgdi4rNew731mjlZn43G_Y5otqKzJA

Video: See psychologist Daniel Gilbert and other experts discussing current research on emotion in the PBS series *This Emotional Life*

<http://video.pbs.org/program/this-emotional-life/>

About Noba

The Diener Education Fund (DEF) is a non-profit organization founded with the mission of re-inventing higher education to serve the changing needs of students and professors. The initial focus of the DEF is on making information, especially of the type found in textbooks, widely available to people of all backgrounds. This mission is embodied in the Noba project.

Noba is an open and free online platform that provides high-quality, flexibly structured textbooks and educational materials. The goals of Noba are three-fold:

- To reduce financial burden on students by providing access to free educational content
- To provide instructors with a platform to customize educational content to better suit their curriculum
- To present material written by a collection of experts and authorities in the field

The Diener Education Fund is co-founded by Drs. Ed and Carol Diener. Ed is the Joseph Smiley Distinguished Professor of Psychology (Emeritus) at the University of Illinois. Carol Diener is the former director of the Mental Health Worker and the Juvenile Justice Programs at the University of Illinois. Both Ed and Carol are award-winning university teachers.

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