

Resource List*

** Although reasonably representative of the most current literature in the study of strengths, positive psychology, and happiness, the Noel Strengths Academy and Azusa Pacific University does not endorse every interpretation and conclusion drawn by the researches and scholars represented here.*

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Positive Psychology: Foundational and Introductory Books

Aspinwall, L. G., & Staudinger, U. M. (Eds.). (2003). *A psychology of human strengths: Fundamental questions and future directions for a positive psychology*. Washington, DC: American Psychological Association.

Carr, A. (2004). *Positive psychology: The science of happiness and human strengths*. New York: Routledge.

Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience*. New York: Harper and Row.

Csikszentmihalyi, M. (1997). *Finding flow: The psychology of engagement with everyday life*. New York: Basic Books.

Csikszentmihalyi, M. & Csikszentmihalyi, I. (Eds.). (2006). *A life worth living: Contributions to positive psychology*. New York: Oxford University Press.

Fredrickson, B. L. (2009). *Positivity: Groundbreaking Research Reveals How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive*. New York: Crown.

Keyes, C. L. M. & Haidt, J. (Eds.). (2002). *Flourishing: Positive psychology and the life well-lived*. Washington DC: American Psychological Association,

Linley, P.A. & Joseph, S. (Eds.). (2004). *Positive psychology in practice: From research to application*. Hoboken, NJ: Wiley.

Lopez, S. J. & Snyder, C. R. (Eds.). (2003). *Positive psychological assessment: A handbook of models and measures*. Washington, DC: American Psychological Association.

Peterson, C. & Seligman, M. (2004). *Character strengths and virtues: A handbook and classification*. New York: Oxford University Press

Peterson, C. (2006). *A primer in positive psychology*. Oxford University Press.

Seligman, M. (2002). *Authentic happiness: Using the new positive psychology to realize*

your potential for lasting fulfillment. New York: Free Press

Snyder, C. R. & Lopez, S. J. (Eds.). (2009). *Oxford handbook of positive psychology*, 2nd edition. New York: Oxford University Press.

Snyder, C.R. & Lopez, S.J. (2006). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.

Positive Organizations / Leadership / Community

Avolio, B. & Luthans, F. (2006). *The high-impact leader*. New York: McGraw-Hill.

Buckingham, M., & Coffman, C. (1999). *First, break all the rules*. New York: Simon & Schuster.

Brewer, G. & Sanford, B. (Eds.). (2007). *The best of the Gallup Management Journal*. New York: Gallup Press.

Cameron, K.A., Dutton, J. E., & Quinn, R.E. (Eds.). (2003). *Positive organizational scholarship*. San Francisco: Berrett-Koehler.

Cameron, K.A. (2008). *Positive leadership: Strategies for extraordinary performance*. San Francisco: Berrett-Koehler.

Cooperrider, D.L. & Whitney, D. (2005). *Appreciative inquiry: A positive revolution in change*. San Francisco: Berrett-Koehler.

Csikszentmihalyi, M. (2004). *Good business: Leadership, flow, and the making of meaning*. New York: Penguin.

Diener, E., Lucas, R., Schimmack, U., & Helliwell, J. (2009). *Well-being for public policy*. New York: Oxford University Press.

Dutton, J.E. (2003). *Energize your workplace: How to create and sustain high-quality connections at work*. San Francisco: Jossey-Bass.

Luthans, F., Youssef, C., & Avolio, B. (2007) *Psychological capital: Developing the human competitive edge*. New York: Oxford University Press.

Rath, T. & Conchie, B. (2009). *Strengths-based leadership*. New York: Gallup Press.

Psychology of Happiness

Argyle, M. (2001). *The psychology of happiness*. New York: Routledge.

Ben-Shahar, T. (2007). *Happier: Learn the secrets to daily joy and lasting fulfillment*. New York: McGraw-Hill.

Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience*. NY: Harper and Row.

Csikszentmihalyi, M. (1997). *Finding flow: The psychology of engagement with everyday life*. New York: Basic Books.

Diener, E. & Biswas-Diener, R. (2008) *Happiness: Unlocking the mysteries of psychological wealth*. Malden, MA: Blackwell.

Fredrickson, B. L. (2009). *Positivity: Groundbreaking Research Reveals How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive*. Crown.

Gilbert, D. (2007). *Stumbling on happiness*. New York: Vintage.

Haidt, H. (2006). *The happiness hypothesis: Finding modern truth in ancient wisdom*. New York: Basic Books.

Layard, R. (2005). *Happiness: Lessons from a new science*. New York: Penguin.

Lyubormirsky, S. (2008). *The how of happiness: A new approach to getting the life you want*. New York: Penguin.

Post, S. & Neimark, J. (2007). *Why good things happen to good people: The exciting new research that proves the link between doing good and living a longer, healthier, happier life*. New York: Random House.

Seligman, M. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. New York: Free Press

StrengthsQuest / StrengthsFinder / Strengths Theory & Practice

Buckingham, M., & Coffman, C. (1999). *First, break all the rules*. New York: Simon & Schuster.

Buckingham, M., & Clifton, D. O. (2001). *Now, discover your strengths*. New York: Simon & Schuster.

Buckingham, M. (2007). *Go, put your strengths to work*. New York: The Free Press.

Buckingham, M. (2008). *The truth about you*. Nashville, TN: Thomas Nelson.

Clifton, D., & Anderson, E. C. (2002). *StrengthsQuest: Discover and develop your strengths in academics, career, and beyond*. Princeton, NJ: The Gallup Organization.

Clifton, D., & Nelson, P. (1992). *Soar with your strengths*. New York: Bantam Doubleday Dell.

Fox, J. (2008). *Your child's strengths: Discover them, develop them, use them*. New York: Viking.

Rath, T. (2007). *StrengthsFinder 2.0*. New York: Gallup Press.

Rath, T. & Conchie, B. (2009). *Strengths-based Leadership*. New York: Gallup Press.

Winseman, A. L., Clifton, D. O., & Liesveld, C. (2008). *Living your strengths: Discover your God-given talents, and inspire your congregation and community*. New York: Gallup Press.