

# Significant Studies

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The major significant studies described in this section will give you an additional beginning to enhance your knowledge of more of the key research upon which my findings and recommended actions are based.

- Bowling, Nathan A., Eschleman, Kevin J., and Wang, Qiang, "A Meta-Analytic Examination of the relationship between Job satisfaction and Subjective Well-Being," *Journal of Occupational and Organizational Psychology*, 2010: DOI: 10.1348/096317909X4785577.
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- Emmons, R. A., and McCullough, M. E., "Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life," *Journal of Personality and Social Psychology* 84, no. 2 (2003): 377–389.
- Fowler, James H., and Christakis, Nicholas A., "Dynamic Spread of Happiness in a Large Social Network: Longitudinal Analysis Over 20 Years in the Framingham Heart Study," *British Medical Journal*, 2008, 337: a2338.
- Lykken, David, and Tellegen, Auke, "Happiness is a Stochastic Phenomenon," *Psychological Science* 7, no. 3 (1996): 186–189.
- Lyubomirsky, Sonja, King, Laura, and Diener, Ed, "The Benefits of Frequent Positive Affect; Does Happiness Lead to Success?" *Psychological Bulletin* Vol. 131, no. 6 (2005): 803–855.
- Strack, Fritz, Martin, Leonard, and Stepper, Sabine, "Inhibiting and Facilitating Conditions of the Human Smile: A Nonobtrusive Test of the Facial Feedback Hypothesis," *Journal of Personality and Social Psychology* Vol.54 (1988): 768–777.
- Suedfeld, P. and Borrie, R. A., "Health and therapeutic applications of chamber and flotation restricted environmental stimulation therapy (REST)," *Psychology and Health* (1999), 14: 545–566.
- Veenhoven, R., *World Database of Happiness: Correlates of Happiness: 7837 Findings from 603 Studies in 69 Nations 1911-1994* (Vols. 1-3) Rotterdam, The Netherlands: Erasmus University, 1994.
- Wright, Thomas, Kansas State University (2009, February 4). Happy Employees are Critical for an Organization's Success, Study Shows. *ScienceDaily*. Retrieved from <http://www.sciencedaily.com/releases/2009/02/090203142512.htm>.

To continue your study beyond this list, please see the more exhaustive and comprehensive endnotes in most of the books, as well as the detailed references listed at the end of each study. As the burgeoning new field of positive psychology continues to expand, more studies are being completed almost daily.

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