

Suggested Readings

The books listed here contain details of the findings from the substantial body of scientific research that is the basis for the recommendations in the book and the program. You will notice that, while some books deal with the overall umbrella topic of happiness, many others focus on one specific aspect of it. I expect that the literature will see this one-topic-only focus increase as more and more positive psychology researchers continue to add additional validation to the specific strategies and actions proven to lead to a happier and more fulfilling life. This reading list is consistent with the recommendations in the book and program and should offer you an even more comprehensive view of emotional well-being and what science has shown is necessary to achieve it.

Ben-Shahar, Tal, Ph.D., *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment*, McGraw-Hill, 2007.

Csikszentmihalyi, Mihaly, *Flow: The Psychology of Optimal Experience*, Harper and Row, 1990.

Diener, Ed, and Biswas-Diener, Robert, *Happiness: Unlocking the Mysteries of Psychological Wealth*, Blackwell Publishing, 2008.

Emmons, Robert, *Thanks! How The New Science of Gratitude Can Make You Happier*, Houghton Mifflin Company, 2007.

Fredrickson, Barbara L., Ph.D., *Positivity: Top-Notch Research Reveals the 3-to-1 Ratio That Will Change Your Life*, Three Rivers Press, 2009.

Goleman, Daniel A., *Emotional Intelligence: The 10th Anniversary Edition; Why It Can Matter More Than IQ*, Bantam Books, 2005.

Hatfield, Elaine, Cacioppo, John T., and Rapson, Richard L., *Emotional Contagion: Studies in Emotion and Social Interaction*, Cambridge University Press, 1994.

Kashdan, Todd, Ph.D., *Curious? Discover the Missing Ingredient to a Fulfilling Life*, HarperCollins Publishers, 2009.

Lyubomirsky, Sonja, *The How of Happiness: A Scientific Approach to Getting the Life You Want*, The Penguin Press, 2007.

Myers, David G., Ph.D., *The Pursuit of Happiness: Discovering the Pathway to Fulfillment, Well-Being, and Enduring Personal Joy*, Avon Books, 1992.

Myers, David G., *The American Paradox: Spiritual Hunger in an Age of Plenty*, Yale University Press, 2000.

Peterson, Christopher, *A Primer in Positive Psychology*, Oxford University Press, 2006.

Seligman, Martin E. P., Ph.D., *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*, The Free Press, 2002.

Seligman, Martin, E.P., Ph.D., *Learned Optimism: How to Change Your Mind and Your Life*, Pocket Books, 1990, 1998.

The Miller Group

Telephone: 408.395.0110 P.O. Box 1537, Los Gatos, CA 95031
Web: www.millergroup.com E-mail: hmiller@millergroup.com

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