

PSYCHOLOGY 1504 – POSITIVE PSYCHOLOGY READING LIST

You will need to use PsycINFO for your final project and, possibly, for finding some of the assigned articles. Go over the PsycINFO tutorial; for further help, see a librarian at a Reference Desk or ask your TF.

PsyfINFO tutorial:

<http://www.fas.harvard.edu/~hilles/research/tutorials/psycinfo/>

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First week of class

Seligman, M. E. P. (2002). Positive Psychology, Positive Prevention, and Positive Therapy. In C. R. Snyder and S. J. Lopez (Eds.), *Handbook of Positive Psychology*, 528-540. Oxford University Press.

<http://psych.upenn.edu/seligman/ppsnnyderchapter.htm#Top%20of%20Page>

Fredrickson, B. L. (2001). The Role of Positive Emotions in Positive Psychology: The Broaden-and-Build Theory of Positive Emotions. *American Psychologist*, 56, 218-226.

<http://www.psycinfo.com.ezpl.harvard.edu/psycarticles/2001-00465-003.html>

Blum, D. (1998). Finding Strength: How to Overcome Anything. *Psychology Today*, Document ID: 698.

<http://cms.psychologytoday.com/articles/pto-19980501-000024.xml>

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For February 9

Chapters 1 and 3 from Maslow's *Toward a Psychology of Being* (available at the Coop).

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For February 16

Introduction and first 5 chapters from Branden's *The Six Pillars of Self-Esteem*.

Eden, D. & Aviram, A. (1993). Self-efficacy training to speed reemployment: Helping people to help themselves. *Journal of Applied Psychology*, 78(3) 352-360
<http://proxies.apa.org.ezp1.harvard.edu/journals/apl/78/3/352.pdf>

McGinn, L. K. (2000). Cognitive Behavioral Therapy of Depression: Theory, Treatment, and Empirical Status. *American Journal of Psychotherapy*, 54, 257-262.
<http://www.courses.fas.harvard.edu/~psy1504/AssignedReadings/CBT-Depression.htm>

Kreiman, G., Koch, C., & Fried, I. (2000). Imagery Neurons in the Human Brain. *Nature* 408, 357-361.
<http://www.courses.fas.harvard.edu/~psy1504/AssignedReadings/Image-Neurons.pdf>

Doskoch, P. (2005). The Winning Edge. *Psychology Today*.
<http://www.psychologytoday.com/articles/index.php?term=pto-20051017-000003.xml&print=1>

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For February 23

Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality & Social Psychology*, 88, 377-389.
<http://proxies.apa.org.ezp2.harvard.edu/journals/psp/84/2/377.pdf>

Wiseman, R. (2003). The Luck Factor. *The Skeptical Inquirer*, 27 (3), 1-5.
<http://www.luckfactor.co.uk/papers/The%20Luck%20Factor.pdf>

Definitions of Cognitive Distortions
<http://www.atlantapsychiatry.com/forms/CBT-distortions.pdf>

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For March 2

Chapters 6 and 7 from Maslow's *Toward a Psychology of Being*.

Meditation 2 and 3 (pages 73-80) from Tal's *The Question of Happiness*.

Gilbert, D. T., Pinel, E. C., Wilson, T. D., Blumberg, S. J., & Wheatley, T. P. (1998). Immune Neglect: A Source of Durability Bias in Affective Forecasting. *Journal of Personality and Social Psychology*, 75, 617-638.
<http://proxies.apa.org.ezp2.harvard.edu/journals/psp/75/3/617.pdf>

Miller, W. R. (2004). The Phenomenon of Quantum Change. *Journal of Clinical Psychology*, 60 (5), 453-460.
<http://www3.interscience.wiley.com.ezp1.harvard.edu/cgi-bin/fulltext/107631021/PDFSTART>

Myers, D. G. (1992). The Secrets of Happiness. *Psychology Today*.
<http://cms.psychologytoday.com/articles/index.php?term=pto-19920701-000027.xml&print=1>

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For March 9

Callaghan, P. (2004). Exercise: a neglected intervention in mental health care? *Journal of Psychiatric and Mental Health Nursing*, 11, 476-483
To view in PDF format, click on “View/Print PDF article (97K)” once you get to the page below.
<http://www.blackwell-synergy.com.ezp2.harvard.edu/links/doi/10.1111/j.1365-2850.2004.00751.x/full/>

Kelly, W. E. (2004). Sleep-Length and Life Satisfaction in College Student Sample. *College Student Journal*, 38 (3), 428-430.
<http://www.courses.fas.harvard.edu/~psy1504/AssignedReadings/Sleep-Satisfaction.htm>

Kelly, W. E., Kelly, K. E., & Clanton, R. C. (2004). The Relationship Between Sleep-Length and Grade-Point Average Among College Students. *College Student Journal*, 38 (3), 428-430.
<http://www.courses.fas.harvard.edu/~psy1504/AssignedReadings/Sleep-GPA.htm>

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For March 14

Tal's *The Question of Happiness*: From the start (including the Introduction) to page 58, as well as The Fourth Meditation (pages 81-83).

Chapters 9 and 10 from Brandens' *Six Pillars of Self-Esteem* (pages 117-142).

Sheldon, K. M. & Kasser, T. (2001). Goals, Congruence, and Positive Well-Being: New Empirical Support for Humanistic Theories. *Journal of Humanistic Psychology*, 41 (1), 30-50
<http://jhp.sagepub.com.ezp1.harvard.edu/cgi/reprint/41/1/30.pdf>

Locke, E. A. & Latham, G. P. (2002). Building a practically useful theory of goal setting and task motivation: A 35-year odyssey. *American Psychologist*, 57(9) 705-717
<http://proxies.apa.org.ezp1.harvard.edu/journals/amp/57/9/705.pdf>

Csikszentmihalyi, M. (1999). If We Are So Rich, Why Aren't We Happy. *American Psychologist*, 54 (10), 821-827.
<http://proxies.apa.org.ezp1.harvard.edu/journals/amp/54/10/821.pdf>

Marano, H. E. (2003). Ending Procrastination. *Psychology Today*.
<http://cms.psychologytoday.com/articles/pto-20031028-000008.html>

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For April 4

Wegner, D. M. (1997). When the Antidote is the Poison: Ironic Mental Control Processes. *Psychological Science*, 8 (3), 148-150.
<http://www.wjh.harvard.edu/%7Ewegner/pdfs/Wegner%20When%20the%20Antidote%20is%20Poison%201997.pdf>

Basco, M. R. (1999). The Perfect Trap. *Psychology Today*.
<http://cms.psychologytoday.com/articles/pto-19990501-000032.xml>

Psychology Today Staff (1995). The Impossible Dream. *Psychology Today*.
<http://cms.psychologytoday.com/articles/pto-19950501-000002.xml>

Excerpts from Tal's manuscript *The Permission to be Human*
<http://www.courses.fas.harvard.edu/~psy1504/AssignedReadings/Bk-Permission1504.doc>

Chapter 7 from Brandens' *Six Pillars of Self-Esteem* (pages 90-104).

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For April 11

Brown, K. W. & Ryan, R. M. (2003). The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-Being. *Journal of Personality and Social Psychology*, 84 (4), 822-848.
<http://content.apa.org.ezp1.harvard.edu/journals/psp/84/4/822.pdf>

Kabat-Zinn, J. (2003). Mindfulness-Based Interventions in Context: Past, Present, and Future. *Clinical Psychology*, 10 (2), 144-156.
<http://www.courses.fas.harvard.edu/~psy1504/AssignedReadings/Meditation-Review2.htm>

Davidson J. R., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., Muller, D., Santorelli, S. F., Urbanowski, F., Harrington, A., Bonus, K. & Sheridan, J. F. (2003). Alterations in Brain and Immune Function Produced by Mindfulness Meditation. *Psychosomatic Medicine*, 65, 564-570.
<http://www.psychosomaticmedicine.org.ezp2.harvard.edu/cgi/reprint/65/4/564.pdf>

Dalai Lama. (2003). The Monk in the Lab. *The New York Times*, April 26.

http://www.lamayeshe.com/otherteachers/hhdl/nyt_op_ed.shtml

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For April 18

Chapters 10 from Maslow's *Toward a Psychology of Being*.

Chapter 6 and Meditation 1 (pages 59-71) from Tal's *The Question of Happiness*.

Gottman, J. M. & Silver, N. (1994). What Makes Marriages Work. *Psychology Today*.
<http://cms.psychologytoday.com/articles/pto-19940301-000022.html>

DeVita-Raeburn, E. (2006). Lust for the Long Haul. *Psychology Today*.
<http://psychologytoday.com/articles/index.php?term=pto-20051209-000001.xml&print=1>

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For April 25

Chapters 6, 8, 11, and Appendix A (p.305) from Branden's *The Six Pillars of Self-Esteem*.

Baumeister, R. F., Smart, L. & Boden, J. M. (1996). Relation of threatened egotism to violence and aggression: The dark side of high self-esteem. *Psychological Review*, 103 (1), 5-33.
<http://proxies.apa.org.ezp2.harvard.edu/journals/rev/103/1/5.pdf>

Branden, N. (1997). What Self-Esteem Is and Is Not. Excerpt from *The Art of Living Consciously*. Simon and Schuster.
<http://www.nathanielbranden.com/ess/exc04.html>

Chapter 14 from Maslow's *Toward a Psychology of Being*.

Conclusion (pages 85-88) from Tal's *The Question of Happiness*.