

# BIBLIOGRAPHY FOR “THE SCIENCE OF HAPPINESS” (GG101X)

## Weeks 6-9

Note: The citations listed below are only for units that contain a video lecture from a “Science of Happiness” co-instructor (Dr. Keltner or Dr. Simon-Thomas). Units with other types of content are not included in the bibliography.

### **WEEK 6: Mindful Moments Are Happier Moments**

#### **How Paying Attention Can Make You Happier**

##### Defining What Mindfulness Is and Isn't

Kabat-Zinn, J., & Hanh, T. N. (2009). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. Random House LLC.

Shapiro, S. L., Carlson, L. E., Astin, J. A., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of Clinical Psychology*, 62(3), 373-386. doi:10.1002/jclp.20237

#### **What is Mindfulness?**

##### Mindfulness in Different Traditions

Fjorback, L. O., Arendt, M., Ørnbøl, E., Fink, P., & Walach, H. (2011). Mindfulness-based stress reduction and mindfulness-based cognitive therapy: A systematic review of randomized controlled trials. *Acta Psychiatrica Scandinavica*, 124(2), 102-119.  
doi:10.1111/j.1600-0447.2011.01704.x

Shapiro et al., 2006

## **Happiness Practice: Mindful Breathing**

### Intro to Mindful Breathing

Arch, J. J., & Craske, M. G. (2006). Mechanisms of mindfulness: Emotion regulation following a focused breathing induction. *Behaviour Research and Therapy*, 44(12), 1849-1858. doi:10.1016/j.brat.2005.12.007

## **The Psychological Benefits of Mindfulness**

### The Psychological Benefits of Mindfulness

Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., Muller, D., Santorelli, S. F., ... & Sheridan, J. F. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65(4), 564-570.

Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources.

*Journal of Personality and Social Psychology*, 95(5), 1045-1062.

doi:10.1037/a0013262

Goyal, M., Singh, S., Sibinga, E. M., Gould, N. F., Rowland-Seymour, A., Sharma, R., ... & Haythornthwaite, J. A. (2014). Meditation programs for psychological stress and well-being: A systematic review and meta-analysis. *JAMA Internal Medicine*, 174(3), 357-368.

doi:10.1001/jamainternmed.2013.13018

Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, 78(2), 169.

doi:10.1037/a0018555

Kemeny, M. E., Foltz, C., Cavanagh, J. F., Cullen, M., Giese-Davis, J., Jennings, P., ... & Ekman, P. (2012). Contemplative/emotion training reduces negative emotional behavior and promotes prosocial responses.

*Emotion*, 12(2), 338. doi: 10.1037/a0026118

Davidson et al., 2003

Teasdale, J. D., Segal, Z. V., Williams, J. M. G., Ridgeway, V. A., Soulsby, J. M., & Lau, M. A. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology*, 68(4), 615. doi:10.1037/0022-006X.68.4.615

## **The Physical and Social Benefits of Mindfulness**

### Unit 1

Kabat-Zinn, J. (1982). An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. *General Hospital Psychiatry, 4*(1), 33-47.

Luders, E., Kurth, F., Toga, A. W., Narr, K. L., & Gaser, C. (2013). Meditation effects within the hippocampal complex revealed by voxel-based morphometry and cytoarchitectonic probabilistic mapping. *Frontiers in Psychology, 4*. doi:10.3389/fpsyg.2013.00398

Davidson et al., 2003

Pace et al., 2009

Ditto, B., Eclache, M., & Goldman, N. (2006). Short-term autonomic and cardiovascular effects of mindfulness body scan meditation. *Annals of Behavioral Medicine, 32*(3), 227-234. doi:10.1207/s15324796abm3203\_9

Jacobs, T. L., Epel, E. S., Lin, J., Blackburn, E. H., Wolkowitz, O. M., Bridwell, D. A., ... & Saron, C. D. (2011). Intensive meditation training, immune cell telomerase activity, and psychological mediators. *Psychoneuroendocrinology, 36*(5), 664-681. doi:10.1016/j.psyneuen.2010.09.010

Daubenmier, J., Lin, J., Blackburn, E., Hecht, F. M., Kristeller, J., Maninger, N., ... & Epel, E. (2012). Changes in stress, eating, and metabolic factors are related to changes in telomerase activity in a randomized mindfulness intervention pilot study. *Psychoneuroendocrinology, 37*(7), 917-928. doi:10.1016/j.psyneuen.2011.10.008

## Neuroplasticity

Maguire, E. A., Gadian, D. G., Johnsrude, I. S., Good, C. D., Ashburner, J., Frackowiak, R. S., & Frith, C. D. (2000). Navigation-related structural change in the hippocampi of taxi drivers. *Proceedings of the National Academy of Sciences*, *97*(8), 4398-4403. doi:10.1073/pnas.070039597

Maguire et al., 2000

Lutz et al., 2008

Luders et al., 2013

## Real-World Applications of Mindfulness

Kozlowski, A. (2013). Mindful mating: exploring the connection between mindfulness and relationship satisfaction. *Sexual and Relationship Therapy*, *28*(1-2), 92-104. doi:10.1080/14681994.2012.748889

Carson, J. W., Carson, K. M., Gil, K. M., & Baucom, D. H. (2004). Mindfulness-based relationship enhancement. *Behavior Therapy*, *35*(3), 471-494. doi:10.1016/S0005-7894(04)80028-5

Singh, N. N., Lancioni, G. E., Winton, A. S., Singh, J., Curtis, W. J., Wahler, R. G., & McAleavey, K. M. (2007). Mindful parenting decreases aggression and increases social behavior in children with developmental disabilities. *Behavior Modification*, *31*(6), 749-771. doi:10.1177/0145445507300924

Duncan, L. G., & Bardacke, N. (2010). Mindfulness-based childbirth and parenting education: Promoting family mindfulness during the perinatal

period. *Journal of Child and Family Studies*, 19(2), 190-202.

doi:10.1007/s10826-009-9313-7

Roeser, R. W., Schonert-Reichl, K. A., Jha, A., Cullen, M., Wallace, L., Wilensky, R., ... & Harrison, J. (2013). Mindfulness training and reductions in teacher stress and burnout: Results from two randomized, waitlist-control field trials. *Journal of Educational Psychology*, 105(3), 787.

doi:10.1037/a0032093

Shapiro, S. L., Astin, J. A., Bishop, S. R., & Cordova, M. (2005). Mindfulness-based stress reduction for health care professionals: results from a randomized trial. *International Journal of Stress Management*, 12(2), 164. doi:10.1037/1072-5245.12.2.164

Samuelson, M., Carmody, J., Kabat-Zinn, J., & Bratt, M. A. (2007). Mindfulness-based stress reduction in Massachusetts correctional facilities. *The Prison Journal*, 87(2), 254-268. doi:10.1177/0032885507303753

King, A. P., Erickson, T. M., Giardino, N. D., Favorite, T., Rauch, S. A., Robinson, E., ... & Liberzon, I. (2013). A pilot study of group mindfulness-based cognitive therapy (MBCT) for combat veterans with posttraumatic stress disorder (PTSD). *Depression and Anxiety*, 30(7), 638-645. doi:10.1002/da.22104

## **WEEK 7: Mental Habits of Happiness**

### **Week 7 Roadmap**

No citations

## **Toxic Thoughts vs. Training the Mind for Happiness**

### The Fundamentals of Training the Mind for Happiness

Taylor, S.E., Lichtman, R.R., & Wood, J.V. (1984). Attributions, beliefs about control, and adjustment to breast cancer. *Journal of Personality and Social Psychology*, *46*, 489-502. doi:10.1037/0022-3514.46.3.489

Mancini, A. D., & Bonanno, G. A. (2009). Predictors and parameters of resilience to loss: Toward an individual differences model. *Journal of Personality*, *77*(6), 1805-1832. doi:10.1111/j.1467-6494.2009.00601.x

Hinshaw, S., & Kranz, R. (2009). *The triple bind: Saving our teenage girls from today's pressures*. Random House LLC.

Festinger, L. (1954). A theory of social comparison processes. *Human Relations*, *7*(2), 117-140. doi:10.1177/001872675400700202

Higgins, E. T., Bond, R. N., Klein, R., & Strauman, T. (1986). Self-discrepancies and emotional vulnerability: how magnitude, accessibility, and type of discrepancy influence affect. *Journal of Personality and Social Psychology*, *51*(1), 5. doi:10.1037/0022-3514.51.1.5

Van Boven, L., & Gilovich, T. (2003). To do or to have? That is the question. *Journal of Personality and Social Psychology*, *85*, 1193-1202. doi:10.1037/0022-3514.85.6.1193

Schwartz, B., Ward, A., Monterosso, J., Lyubomirsky, S., White, K., & Lehman, D. R. (2002). Maximizing versus satisficing: happiness is a matter

of choice. *Journal of Personality and Social Psychology*, 83(5), 1178.  
doi:10.1037/0022-3514.83.5.1178

Ferguson, S. J., & Goodwin, A. D. (2010). Optimism and well-being in older adults: The mediating role of social support and perceived control. *The International Journal of Aging and Human Development*, 71(1), 43-68.  
doi:10.2190/AG.71.1.c

Chang, E. C., & Sanna, L. J. (2001). Optimism, pessimism, and positive and negative affectivity in middle-aged adults: A test of a cognitive-affective model of psychological adjustment. *Psychology and Aging*, 16(3), 524. doi:10.1023/A:1020313427884

Oveis, C., Cohen, A. B., Gruber, J., Shiota, M. N., Haidt, J., & Keltner, D. (2009). Resting respiratory sinus arrhythmia is associated with tonic positive emotionality. *Emotion*, 9(2), 265. doi:10.1037/a0015383

Vaillant, G. E. (2012). *Triumphs of experience: The men of the Harvard Grant Study*. Harvard University Press.

### Misconceptions about "Training the Mind"

Kahneman, D. (2011). *Thinking, fast and slow*. Macmillan.

## **Self-Compassion: A Path to Resilience and Happiness**

### Why We Need Self-Compassion

Neff, K. (2011). *Self-compassion: Stop beating yourself up and leave insecurity behind*. HarperCollins.



Zullow, H. M., Oettingen, G., Peterson, C., & Seligman, M. E. (1988). Pessimistic explanatory style in the historical record: CAVing LBJ, presidential candidates, and East versus West Berlin. *American Psychologist*, 43(9), 673. doi:10.1037/0003-066X.43.9.673

### The Benefits Linked to Self-Compassion

Rockliff, H., Gilbert, P., McEwan, K., Lightman, S., & Glover, D. (2008). A pilot exploration of heart rate variability and salivary cortisol responses to compassion-focused imagery. *Journal of Clinical Neuropsychiatry*, 5, 132-139.

Neff, K. D. (2003). The development and validation of a scale to measure self-compassion. *Self and Identity*, 2(3), 223-250.  
doi:10.1080/15298860390209035

Neff, K. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2(2), 85-101.  
doi:10.1080/15298860390129863

Sbarra, D. A., Smith, H. L., & Mehl, M. R. (2012). When leaving your ex, love yourself observational ratings of self-compassion predict the course of emotional recovery following marital separation. *Psychological Science*, 23(3), 261-269. doi:10.1177/0956797611429466

Vetteese, L. C., Dyer, C. E., Li, W. L., & Wekerle, C. (2011). Does self-compassion mitigate the association between childhood maltreatment and later emotion regulation difficulties? A preliminary investigation.

*International Journal of Mental Health and Addiction*, 9(5), 480-491.  
doi:10.1007/s11469-011-9340-7

Costa, J., & Pinto-Gouveia, J. (2011). Acceptance of pain, self-compassion and psychopathology: Using the Chronic Pain Acceptance Questionnaire to identify patients' subgroups. *Clinical Psychology and Psychotherapy*, 18(4), 292-302. doi: 10.1002/cpp.718

Leary, M. R., Tate, E. B., Adams, C. E., Batts Allen, A., & Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: the implications of treating oneself kindly. *Journal of Personality and Social Psychology*, 92(5), 887. doi:10.1037/0022-3514.92.5.887

Hollis-Walker, L., & Colosimo, K. (2011). Mindfulness, self-compassion, and happiness in non-meditators: A theoretical and empirical examination. *Personality and Individual Differences*, 50(2), 222-227.  
doi:10.1016/j.paid.2010.09.033

Neff, K. D., & Beretvas, S. N. (2013). The role of self-compassion in romantic relationships. *Self and Identity*, 12(1), 78-98.  
doi:10.1080/15298868.2011.639548

Neff, K. D., & Pommier, E. (2012). The relationship between self-compassion and other-focused concern among college undergraduates, community adults, and practicing meditators. *Self and Identity*, 12(2), 160-176. doi:10.1080/15298868.2011.649546

Adams, C. E., & Leary, M. R. (2007). Promoting self-compassionate attitudes toward eating among restrictive and guilty eaters. *Journal of*

*Social and Clinical Psychology*, 26(10), 1120-1144.

doi:10.1521/jscp.2007.26.10.1120

Kelly, A. C., Zuroff, D. C., Foa, C. L., & Gilbert, P. (2009). Who benefits from training in self-compassionate self-regulation? A study of smoking reduction. *Journal of Social and Clinical Psychology*, 29(7), 727-755.

doi:10.1521/jscp.2010.29.7.727

Terry, M. L., & Leary, M. R. (2011). Self-compassion, self-regulation, and health. *Self and Identity*, 10(3), 352-362.

doi:10.1080/15298868.2011.558404

Magnus, C. M., Kowalski, K. C., & McHugh, T. L. F. (2010). The role of self-compassion in women's self-determined motives to exercise and exercise-related outcomes. *Self and Identity*, 9(4), 363-382.

doi:10.1080/15298860903135073

Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of Clinical Psychology*, 69(1), 28-44. doi:10.1002/jclp.21923

## **Happiness Practice #7: Self-Compassionate Letter**

Self-Compassionate Letter

Breines, J. G. & Chen, S. (2012). Self-compassion increases self-improvement motivation. *Personality and Social Psychology Bulletin*, 18(9), 1133-1143. doi:10.1177/0146167212445599

Leary et al., 2007

Neff & Germer, 2013

Shapira, L. B., & Mongrain, M. (2010). The benefits of self-compassion and optimism exercises for individuals vulnerable to depression. *The Journal of Positive Psychology*, 5, 377-389. doi:10.1080/17439760.2010.516763

## **Finding Flow**

### Introduction to Flow

Collins, A. L., Sarkisian, N., & Winner, E. (2009). Flow and happiness in later life: An investigation into the role of daily and weekly flow experiences. *Journal of Happiness Studies*, 10(6), 703-719. doi:10.1007/s10902-008-9116-3

Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience (Vol. 41)*. New York: HarperPerennial.

Collins et al., 2009

Rogatko, T. P. (2009). The influence of flow on positive affect in college students. *Journal of Happiness Studies*, 10(2), 133-148. doi:10.1007/s10902-007-9069-y

Headey, B. (2008). Life goals matter to happiness: A revision of set-point theory. *Social Indicators Research*, 86(2), 213-231.

doi:10.1007/s11205-007-9138-y

Sheldon, K. M., Abad, N., Ferguson, Y., Gunz, A., Houser-Marko, L., Nichols, C. P., & Lyubomirsky, S. (2010). Persistent pursuit of need-satisfying goals leads to increased happiness: A 6-month experimental longitudinal study. *Motivation and Emotion*, 34(1), 39-48.

doi:10.1007/s11031-009-9153-1

## **How Goal Setting Can Foster Happiness**

### How Goals Can Foster Happiness

Headey, 2008

Sheldon et al., 2010

Niemiec, C. P., Ryan, R. M., & Deci, E. L. (2009). The path taken: Consequences of attaining intrinsic and extrinsic aspirations in post-college life. *Journal of Research in Personality*, 43(3), 291-306.

doi:10.1016/j.jrp.2008.09.001

## **Happiness Practice #8: Best Possible Self**

### Best Possible Self

Sheldon, K. M., & Lyubomirsky, S. (2006). How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best

possible selves. *The Journal of Positive Psychology*, 1(2), 73-82.  
doi:10.1080/17439760500510676

## **WEEK 8: Gratitude**

### **Intro to Gratitude and Happiness**

#### Introduction to Gratitude

Emmons, R. A. (2007). *Thanks!: how the new science of gratitude can make you happier*. Houghton Mifflin Harcourt.

Woodruff, P. (2014). *Reverence: renewing a forgotten virtue*. Oxford University Press.

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 and social psychology*, 84(2), 377. doi:10.1037/0022-3514.84.2.377

McCullough, M. E., Kimeldorf, M. B., & Cohen, A. D. (2008). An adaptation for altruism: the social causes, social effects, and social evolution of gratitude. *Current directions in psychological science*, 17(4), 281-285. doi:10.1111/j.1467-8721.2008.00590.x

McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: a conceptual and empirical topography. *Journal of personality and social psychology*, 82(1), 112. doi:10.1037/0022-3514.82.1.112

Kashdan, T. B., Uswatte, G., & Julian, T. (2006). Gratitude and hedonic and eudaimonic well-being in Vietnam war veterans. *Behaviour Research and Therapy, 44*(2), 177-199. doi: 10.1016/j.brat.2005.01.005

Vernon, L. L., Dillon, J. M., & Steiner, A. R. (2009). Proactive coping, gratitude, and posttraumatic stress disorder in college women. *Anxiety, Stress, & Coping, 22*(1), 117-127. doi:10.1080/10615800802203751

Michie, S. (2009). Pride and gratitude how positive emotions influence the prosocial behaviors of organizational leaders. *Journal of Leadership & Organizational Studies, 15*(4), 393-403. doi:10.1177/1548051809333338

Gordon, C. L., Arnette, R. A. M., & Smith, R. E. Have you thanked your spouse today?: felt and expressed gratitude among married couples. *Personality and Individual Differences, 50*(3). 2011. 339-343. doi:10.1016/j.paid.2010.10.012

Bartlett, M. Y., & DeSteno, D. (2006). Gratitude and prosocial behavior helping when it costs you. *Psychological science, 17*(4), 319-325. doi:10.1111/j.1467-9280.2006.01705.x

DeSteno, D., Bartlett, M. Y., Baumann, J., Williams, L. A., & Dickens, L. (2010). Gratitude as moral sentiment: emotion-guided cooperation in economic exchange. *Emotion, 10*(2), 289. doi:10.1037/a0017883

## **Happiness Practice #9: Gratitude Journal**

[Intro to Happiness Practice #9: Gratitude Journal](#)

Emmons & McCullough, 2003

## **The Psychological Benefits of Gratitude**

### Psychological Benefits of Gratitude

Watkins, P. C. *Gratitude and the good life: toward a science of appreciation*. Springer.

Wood, A. M., Joseph, S., & Linley, P. A. (2007). Coping style as a psychological resource of grateful people. *Journal of Social and Clinical Psychology, 26*(9), 1076-1093. doi:10.1521/jscp.2007.26.9.1076

## **The Physical and Social Benefits of Gratitude**

### Physical and Social Benefits of Gratitude

Emmons & McCullough, 2003

Emmons, R. A. (2008). Gratitude, subjective well-being, and the brain. In Eid, M., & Larsen, R. J. (Eds.), *The science of subjective well-being*, 469-489. Guilford Press.

Algoe, S. B., Haidt, J., & Gable, S. L. (2008). Beyond reciprocity: gratitude and relationships in everyday life. *Emotion, 8*(3), 425. doi:10.1037/1528-3542.8.3.425

Algoe, S. B., Fredrickson, B. L., & Gable, S. L. (2013). The social functions of the emotion of gratitude via expression. *Emotion, 13*(4), 605. doi:10.1037/a0032701



Algoe, S. B. (2012). Find, remind, and bind: The functions of gratitude in everyday relationships. *Social and Personality Psychology Compass*, 6, 455–469. doi:10.1111/j.1751-9004.2012.00439.x

## **Challenges to Gratitude**

## **Cultivating Gratitude**

## **Happiness Practice #10: Gratitude Letter**

### Intro to Happiness Practice #10: Gratitude Letter

Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American Psychologist*, 60(5), 410. doi:10.1037/0003-066X.60.5.410

## **WEEK 9: Finding Your Happiness Fit and the New Frontiers**

## **Intro to the Cutting Edge: Awe**

### The Science of Awe

Burke, E. (1757). *A philosophical enquiry into the origin of our ideas of the sublime and beautiful*.

Kant, I. (1764). *Observations on the feeling of the beautiful and sublime*.

Wilson, E. O. (1984). *Biophilia*. Harvard University Press.

Kuo, F. E., & Sullivan, W. C. (2001). Aggression and violence in the inner city effects of environment via mental fatigue. *Environment and Behavior*, 33(4), 543-571. doi:10.1177/00139160121973124

Kuo, F. E., & Taylor, A. F. (2004). A potential natural treatment for attention-deficit/hyperactivity disorder: evidence from a national study. *American Journal of Public Health*, 94(9), 1580. doi:10.2105/AJPH.94.9.1580

Myers, 2001

Smith, T. B., McCullough, M. E., & Poll, J. (2003). Religiousness and depression: evidence for a main effect and the moderating influence of stressful life events. *Psychological Bulletin*, 129(4), 614. doi:10.1037/0033-2909.129.4.614

Piff, P. K., Dietze, P., Feinberg, M., Stancato, D. M., & Keltner, D (under revision). Virtue and vastness: Awe, the small self, and prosocial behavior. *Journal of Personality and Social Psychology*.

Rudd, M., Vohs, K. D., & Aaker, J. (2012). Awe expands people's perception of time, alters decision making, and enhances well-being. *Psychological Science*, 23(10), 1130-1136. doi:10.1177/0956797612438731

## **Happiness Practice #11: Writing About Awe**

[Intro to Happiness Practice #11: Writing About Awe](#)

Rudd et al., 2012

Shiota, M. N., Keltner, D., & Mossman, A. (2007). The nature of awe: Elicitors, appraisals, and effects on self-concept. *Cognition and Emotion*, 21(5), 944-963. doi:10.1080/02699930600923668

## **Cutting-Edge Topic: Laughter and Play**

### Laughter

Hirosaki, M., Ohira, T., Kajiura, M., Kiyama, M., Kitamura, A., Sato, S., & Iso, H. (2013). Effects of a laughter and exercise program on physiological and psychological health among community-dwelling elderly in Japan: Randomized controlled trial. *Geriatrics & Gerontology International*, 13(1), 152-160. doi:10.1111/j.1447-0594.2012.00877.x

Ko, H. J., & Youn, C. H. (2011). Effects of laughter therapy on depression, cognition and sleep among the community-dwelling elderly. *Geriatrics & Gerontology International*, 11(3), 267-274. doi:10.1111/j.1447-0594.2010.00680.x

Keltner, D., & Bonanno, G. A. (1997). A study of laughter and dissociation: distinct correlates of laughter and smiling during bereavement. *Journal of Personality and Social Psychology*, 73(4), 687. doi:10.1037/0022-3514.73.4.687

Lauer, R. H., Lauer, J. C., & Kerr, S. T. (1990). The long-term marriage: Perceptions of stability and satisfaction. *The International Journal of Aging and Human Development*, 31(3), 189-195. doi:10.2190/H4X7-9DVX-W2N1-D3BF

Fraley, B., & Aron, A. (2004). The effect of a shared humorous experience on closeness in initial encounters. *Personal Relationships, 11*(1), 61-78. doi:10.1111/j.1475-6811.2004.00071.x

Cann, A., Calhoun, L. G., & Banks, J. S. (1997). On the role of humor appreciation in interpersonal attraction: It's no joking matter. *Humor, 10*, 77-89. doi:10.1515/humr.1997.10.1.77

Pennebaker, J. W., & Francis, M. E. (1996). Cognitive, emotional, and language processes in disclosure. *Cognition & Emotion, 10*(6), 601-626. doi:10.1080/026999396380079

### Play

Brown, S. L. (2009). *Play: How it shapes the brain, opens the imagination, and invigorates the soul*. Penguin.

## **Cutting-Edge Topic: Finding Your "Fit"**

### Person-Activity Fit

Lyubomirsky, S., & Layous, K. (2013). How do simple positive activities increase well-being?. *Current Directions in Psychological Science, 22*(1), 57-62. doi:10.1177/0963721412469809

## **Finding Your Narrative**

### The Power of Narrative

McAdams, D. P. (1999). Personal narratives and the life story. *Handbook of Personality: Theory and Research, 2*, 478-500.

Oyserman, D., & Fryberg, S. (2006). The possible selves of diverse adolescents: Content and function across gender, race and national origin. *Possible Selves: Theory, Research, and Applications*, 17-39.

Sheldon & Lyubomirsky, 2006

## **Synthesis and Farewell**

### Key Lessons and Final Reflections

King, L. A. (2001). The health benefits of writing about life goals. *Personality and Social Psychology Bulletin, 27*(7), 798-807.  
doi:10.1177/0146167201277003