



Positive Psychology Resources

Websites:

Positive Psychology Center - <https://ppc.sas.upenn.edu>

Authentic Happiness – <https://www.authentichappiness.sas.upenn.edu>

The Flourishing Center - <https://thefourishingcenter.com>

The Penn Resiliency Program – <https://ppc.sas.upenn.edu/services/penn-resilience-training>

Character Lab – <https://characterlab.org>

VIA Institute on Character – www.viacharacter.org

2017 World Happiness Report – www.worldhappiness.report

Associations:

International Positive Psychology Association (IPPA) – <https://www.ippanetwork.org>

International Positive Education Network (IPEN) – www.ipositive-education.net

Positive Education Schools Association (PESA) – <https://www.pesa.edu.au>

Books:

Learned Optimism by Martin Seligman

Authentic Happiness by Martin Seligman

Flourish by Martin Seligman

The Optimistic Child by Martin Seligman

The How of Happiness by Sonja Lyubmorisky

Positivity by Barbara Fredrickson

Mindset by Carol Dweck

Change Your Questions, Change Your Life by Marilee Adams

Grit by Angela Duckworth

Flow by Mihaly Csikszentmihalyi

Character Strengths and Virtues by Christopher Peterson

Mindfulness by Ellen J. Langer

Counterclockwise by Ellen J. Langer

The Paradox of Choice by Barry Schwartz

The Resilience Factor by Karen Reivich and Andrew Shatte

Change Your Brain, Change Your Body by Daniel G. Amen

For Students:

GoZen

GoStrengths