



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 Lyubomirsky
- 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