POSITIVE PSYCHOLOGY READINGS

Recommended Books


Academic Journal Articles & Book Chapters


Sheldon, K. M., & Elliot, A. J. (1999). Goal striving, need-satisfaction, longitudinal well-


Academic Journals


Popular Press


Websites

The Positivity Institute: www.thepositivityinstitute.com.au

Centre of Applied Positive Psychology (CAPP): www.cappeu.com

Coaching Psychology Unit – University of Sydney: www.psych.usyd.edu.au/coach

VIA Institute on Character: www.uat.viacharacter.org

Authentic Happiness: www.authentichappiness.sas.upenn.edu

Positive Psychology Center: www.ppc.sas.upenn.edu

International Society for Coaching Psychology (ISCP): www.ifcp.net

Videos


Barbara Fredrickson on Positive Emotions http://www.youtube.com/watch?v=Ds_9Df6dK7c

Mihalye Csikszentmihalyi on Flow http://www.youtube.com/watch?v=fXieFJCqssP

Carol Dweck on Growth Mindsets http://www.youtube.com/watch?v=9hC1DwZS8l
Positive Education Specific Resources


Haesler. D. (2010). We can’t fail the children of the (Educational) revolution’. Active & Healthy Magazine, vol.17, no. 2. [Check Library for Availability]