

# The Positive Press

Newsletter No.15, March 2012

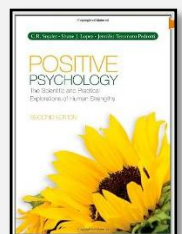
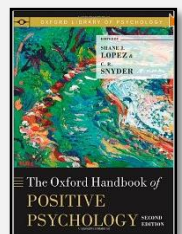
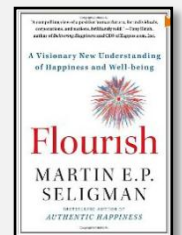
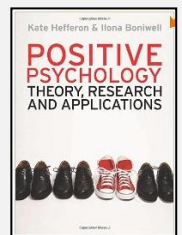
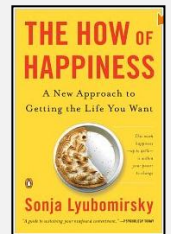
## • Greetings

- Welcome to the March 2012 edition of The Positive Press newsletter. This edition highlights 10 popular positive psychology book resources published in the last 5 years. Also included is an open letter from SIPPA, the student-focused division of the International Positive Psychology Association (IPPA). Please contact me with any suggestions for other resources that may interest our members.

## • Book Resources

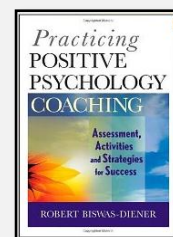
In no particular order:

- [The How of Happiness: A New Approach to Getting the Life You Want \(2008\)](#). Author: [Sonja Lyubomirsky](#).
  - Amazon's book description says it best: A groundbreaking, practical guide to attaining happiness, based on innovative scientific research, The How of Happiness is a powerful contribution to the field of positive psychology and a gift to people who have sought to take their happiness into their own hands. Drawing upon years of her own pioneering research with thousands of men and women, psychologist Sonja Lyubomirsky reveals that much of our capacity for happiness is within our power. This book details an easy-to-follow plan, including exercises in new ways of thinking and understanding our individual obstacles.
- [Positive Psychology: Theory, Research and applications \(2011\)](#). Authors: [Kate Hefferon](#) & [Ilona Boniwell](#).
  - This book provides a broad and comprehensive introduction to positive psychology, most useful to those providing lectures, workshops or courses, and looking for an accessible read on the general subject. Tests, exercises and mock essay questions provide engaging application, and suggested reflections and review questions make for thought provoking reading. The book is divided into 11 chapters to represent 11 lectures.
- [Flourish: A Visionary New Understanding of Happiness and Well-Being \(2011\)](#). Author: [Martin E. P. Seligman](#)
  - Seligman extends the principles of his previous books to include Positive Emotion as one of his five pillars of Positive Psychology, along with Engagement, Relationships, Meaning, and Accomplishment, collectively known as PERMA. Although this book does include some interactive exercises, it is primarily one of theory and evidence to support Seligman's views on wellbeing, and spends some time explaining his work with the US military and other projects. It may be of interest to those following Seligman's work.
- [The Oxford Handbook of Positive Psychology \(2nd Ed. 2011\)](#). Editors: [Shane J. Lopez](#) & [C. R. Snyder](#).
  - A weighty and robust reference book with an indepth summary of relevant literature in the field, most suited to those with academic interest. A thought-provoking short essay collection on various topics including: creativity, mindfulness, time, optimism, hope theory, self-efficacy, problem solving appraisal, curiosity, and courage. Not for light reading.
- [Positive Psychology: The Scientific and Practical Explorations of Human Strengths \(2<sup>nd</sup> Ed. 2010\)](#). Authors: [C.R. \(Richard\) Snyder](#), [Shane J. Lopez](#), & [Jennifer T. \(Teramoto\) Pedrotti](#)
  - A popular positive psychology text book with particular attractions including that it is well illustrated, effectively describes supporting research in an engaging manner, and includes a CD with discussion guides, study guides, and tests. This resource is often described as 'accessible and understandable' and a good choice to support undergraduate courses, perhaps less suited to the lay-person.



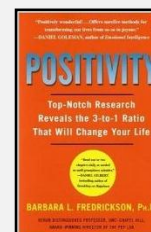
- [Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success \(2010\)](#). Author: [Robert Biswas-Diener](#)

- Offers a wide range of evidence-based, practical interventions and tools that can be a useful resource for coaches and clinicians. Each intervention is clearly outlined and illustrated by case studies from organisational and life coaching. The book provides assessments that can be used to evaluate client resources and goals, and introduces handy new tools that include: a decision-tree for working specifically with Snyder's Hope Theory in the coaching context, an easy-to-use assessment of "positive diagnosis," which measures client strengths, values, positive orientation toward the future, and satisfaction, and guidance for leading clients through organisational and common life transitions. Well written by an effective story-teller, this book is practical and engaging.



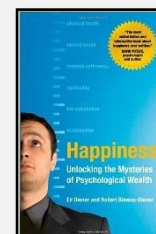
- [Positivity: Top-Notch Research Reveals the 3 to 1 Ratio That Will Change Your Life \(2009\)](#). Author: [Barbara Fredrickson](#)

- "Positivity" provides an easy-to-read and useful review of existing research, describing practical applications and including relateable personal stories. It includes a useful description of the theory of positive and negative emotions, a review of the author's foundational broaden-and-build theory, and lists 10 positive emotions that people would generally benefit from experiencing more often. Central to this book is the theory of a 3-to-1 "positivity ratio" as a key tipping point for wellbeing, with the suggestion of maintaining a positive-negative interaction journal.



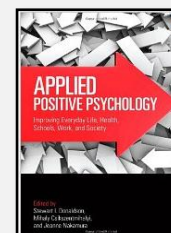
- [Happiness: Unlocking the Mysteries of Psychological Wealth \(2008\)](#). Author: [Ed Diener](#), & [Robert Biswas-Diener](#)

- Both authors are well informed and highly respected in the field, and write in a clear and entertaining manner, making for a good read. They explore the concept of psychological wealth, described as the 'true net worth', which includes attitudes toward life, social support, spiritual development, material resources, and health. Topics covered also include happiness and the genetic set point, the happiest places on earth, and happiness at work. The audience for this book is diverse, and it is easily accessible for lay-persons and clients, as well as scholars, educators and therapists.



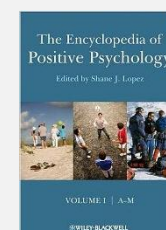
- [Applied Positive Psychology Improving Everyday Life, Health, Schools, Work, and Society \(2011\)](#). Editors: [Stewart I. Donaldson](#), [Mihaly Csikszentmihalyi](#), & [Jeanne Nakamura](#).

- This book will be of particular interest to applied psychologists and researchers, and social and organisational psychologists. It includes discussion on many different domains for which positive psychological principles are relevant. In addition to health and human development, the book shows how positive psychology can contribute to organizational effectiveness, educational practice, and mental-health treatment



- [The Encyclopedia of Positive Psychology \(2009\)](#). Editor: [Shane J. Lopez](#)

- A comprehensive and accessible collection of essays by recognized experts that serve to summarise the current knowledge held within the field of positive psychology. These cover topics of interest across all social sciences as well as business and organizations. Described as a 'topical primer' that could be useful to students, teachers, practitioners, business-people, and policy makers. The information is presented in a clear and concise manner, and written in plain English. A more current replacement for the Handbook of Positive Psychology (2002).



- Other books that may be of interest:

- [A Life Worth Living: Contributions to Positive Psychology \(2006\)](#). Editors: Csikszentmihalyi, M., & Csikszentmihalyi, I.
- [A Primer in Positive Psychology \(2006\)](#). Author: Christopher Peterson .
- [Authentic Happiness \(2004\)](#). Author: Martin E. P. Seligman
- [Character Strengths & Virtues: A Handbook and Classification \(2004\)](#). Authors: Peterson, C. & Seligman, M.E.P.
- [Curious?: Discover the Missing Ingredient to a Fulfilling Life \(2009\)](#). Author: Todd Kashdan.
- [Flow: The Psychology of Optimal Experience \(1991\)](#). Author: Mihaly Csikszentmihalyi.
- [Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment \(2007\)](#). Author: Tal Ben-Shahar.
- [Oxford Handbook of Positive Psychology and Work \(2010\)](#). Editors: P. Alex Linley, Susan Harrington, & Nicola Garcea

- [Positive Psychology \(2008\)](#). Authors: Steve Baumgardner, & Marie Crothers
- [Positive psychology in a Nutshell \(2nd Ed.\) \(2006\)](#). Author: Ilona Boniwell.
- [Positive Psychology in Practice \(2004\)](#). Editors: P. Alex Linley, & Stephen Joseph.
- [Positive Psychology: The Science of Happiness and Human Strengths \(2004\)](#). Author: Alan Carr.
- [Positive Therapy: A Meta-theory for Positive Psychological Practice \(2006\)](#). Authors: Stephen Joseph & P. Alex Linley.
- [Stumbling on Happiness \(2007\)](#). [Thanks! How Practising Gratitude Can Make You Happier \(2008\)](#). Author: Robert Emmons.
- [The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work \(2010\)](#). Author: Shawn Achor.
- [The Happiness Hypothesis \(2005\)](#). Author: Jonathan Haidt.
- [Trauma, Recovery and Growth: Positive Psychological Perspectives on Posttraumatic Stress \(2008\)](#). Editors: Stephen Joseph & P. Alex Linley.
- [The Strengths Book: Be Confident, Be Successful, and Enjoy Better Relationships by Realising the Best of You \(2010\)](#). By Alex Linley, Janet Willars, & Robert Biswas-Diener.

- **Free Resources:**

- Psychology for a Better World: Strategies to Inspire Sustainability. Author: Niki Harré

<http://www.psych.auckland.ac.nz/ua/home/about/our-staff/academic-staff/niki-harre/psychologyforabetterworld>

Includes a self-help guide for sustainability advocators. Other chapter topics are: Positive emotions and flow: Encouraging creativity and commitment; Copying: The power of doing and telling; Identity: The role of who we are and where we belong; and Morality and cooperation: Making the most of our desire to be good.

- For a limited time, the *Journal of Positive Psychology* are making available their special issue on 'Positive Psychology in Higher Education': <http://www.tandfonline.com/toc/rpos20/6/6#.TOfM6yl-wR4.gmail>

- **An Open Letter from SIPPA**

- Dear New Zealand Association of Positive Psychology

The Students of the International Positive Psychology Association (SIPPA) would like to collaborate with your organization to help spread the science of positive psychology as well as share ideas and resources.

SIPPA is the student-focused division of the International Positive Psychology Association (IPPA). The mission of SIPPA is to create a community for students of positive psychology by facilitating networking, collaboration, and mentorship. SIPPA focuses on meeting these priorities by:

- 1) Promoting and developing educational opportunities; and
- 2) Providing a supportive atmosphere for connecting students to other students, practitioners, and researchers interested in positive psychology.

As part of our leadership team, Regional Representatives serve across a variety of countries to spread the science of positive psychology.

Currently, your country has a Regional Representative, Mrs. Erica Chadwick. (Students can contact Erica at: [Erica.Chadwick@vuw.ac.nz](mailto:Erica.Chadwick@vuw.ac.nz)). We hope to communicate monthly via email regarding what research and educational programs your organization is conducting, what conferences are going on in your area, any announcements, etc. We then hope to advertise the information exchanged on our website and social networking sites.

SIPPA would also like to extend an invitation for your organization's members to become a member of SIPPA if they are not one already. Student membership for New Zealand is only US\$30 for the year! We offer members a number of benefits including:

- 1) Reduced fees, student awards, social hours, and mentoring activities at conventions.
- 2) Free conference calls with leading researchers in the field.
- 3) Help on your research, clinical work, and professional development through the long distance Mentoring Program.
- 4) Lively discussion and information through our newsletter and social networking sites.
- 5) Scholarship opportunities.

6) A voice in the future of positive psychology through electing members and being involved with SIPPA.

If you are interested in becoming a member of SIPPA, please visit IPPA's website: [http://www.ippanetwork.org/join\\_ippa/](http://www.ippanetwork.org/join_ippa/). By becoming a student member of IPPA, you automatically become a member of SIPPA.

We look forward to working with you!

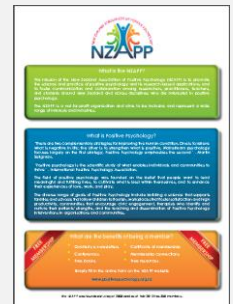
Sincerely,  
Rhea L. Owens, M.S.  
SIPPA President

#### • Events

- [Happiness and Its Causes](#), 2012 March 1-2, Sydney, Australia.
- [Positive2012: The 3rd Australian Positive Psychology and Wellbeing Conference](#), 2012 March 22-25th, Sydney, Australia.
- [World Appreciative Inquiry Conference](#), 2012 April 25-28th, Ghent, Belgium.
- [11th Conference of the International Society for Quality-of-Life Studies \(ISQOLS\)](#), 2012 June 5-9, Lisbon, Portugal.
- [Young Minds](#), 2012 June 21<sup>st</sup>-22<sup>nd</sup>, Sydney, Australia.
- 6<sup>th</sup> [European Conference on Positive Psychology](#), 2012 June 26-29, Moscow, Russia.
- [Positive Psychology Symposium](#), 16 July 2012, London
- [1<sup>st</sup> Canadian Conference on Positive Psychology](#), 20-21 July 2012, Toronto, Canada.

#### • NZAPP Update

- The association has a new brochure that you can read and download: <http://www.positivepsychology.org.nz/uploads/3/8/0/4/3804146/nzapp.pdf>
- The association now has a members only Facebook page where members can chat with other members around NZ: <http://www.facebook.com/groups/72456144616/>



#### • NZAPP Membership News

- Membership Total: 801 (up from 751 in December).
- A Certificate of Membership to the New Zealand Association of Positive Psychology, is available on request, by emailing [info@nzapp.co.nz](mailto:info@nzapp.co.nz). To date 131 certificates have been handed out!

#### • Support

- Suggestions as to what you would like included in the newsletter are welcomed. Please consider providing book or article reviews, other information of interest, thoughts on an area of positive psychology, general comments or questions, and progress on current research.
- You can further support your association by forwarding this newsletter and informing your networks, friends, and colleagues about the NZAPP.

---

*Little progress can be made by merely attempting to repress what is evil;  
our great hope lies in developing what is good.  
- Calvin Coolidge -*