

Resources in Positive Psychology

Online Trainings in Positive Psychology Coaching

www.instituteofcoaching.com

www.positiveacorn.com

www.mentorcoach.com

www.kripalu.org

Master's degree in Positive Psychology

www.sas.upenn.edu/lps/graduate/mapp

www.uel.ac.uk/.../positivepsychology

Strengths Assessments

www.viacharacter.org

www.strengthsfinder.com ; www.gallupstrengthscenter.com

<http://www.cappeu.com/Realise2.aspx>

Scientific Journal of Positive Psychology (to keep up with research)

<http://www.tandfonline.com/loi/rpos20>

Well-Being journals where the articles can be downloaded for free

Psychology of Well-being

International Journal of Well-being

Associations

<http://www.ippanetwork.org/>

www.positivepsychologycanada.com

Some books with practical tools...

Tom Rath, *StrengthsFinder 2.0*

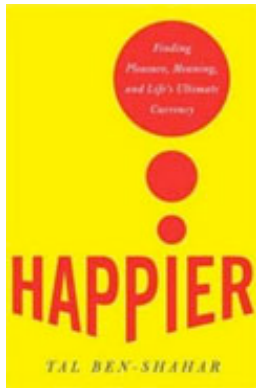
Découvrez vos Points Forts

Jon Kabat-Zinn, Ph.D., *Full Catastrophe Living*

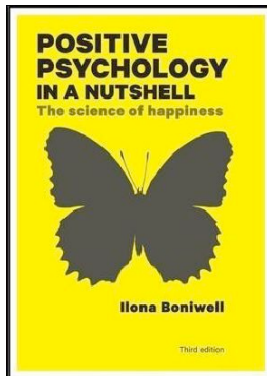
Au cœur de la tourmente, la pleine conscience

http://www.youtube.com/watch?v=3nwwKbM_vJc ;video introducing Mindfulness

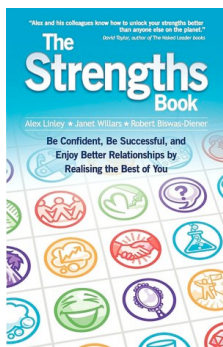
Haidt, Jonathan. (2006). *The happiness hypothesis: Finding modern truth in ancient wisdom.*



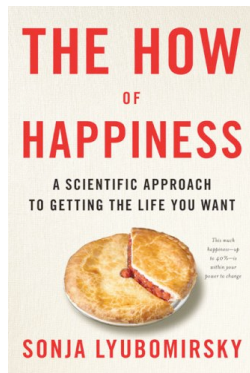
Ben-Shahar, Tal. (2007). *Happier*. New York: McGraw-Hill.



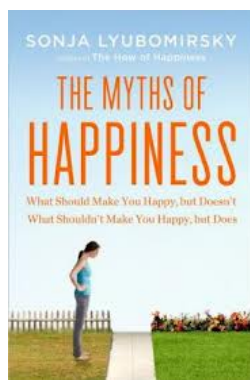
Boniwell, Ilona. (2006). *Positive psychology in a nutshell* (2nd Edition). PWBC.



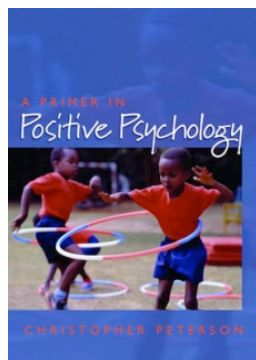
Linley, Alex, Willars, Janet, & Biswas-Diener, Robert. (2010). *The strengths book: Be confident, be successful, and enjoy better relationships by realizing the best of you*. CAPP Press.



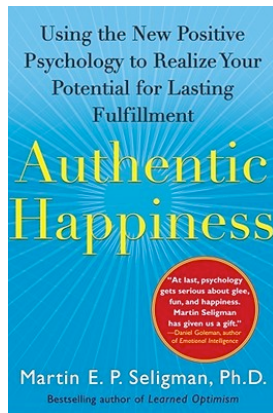
Lyubomirsky, Sonja. (2008). *The HOW of happiness*. London: Sphere.



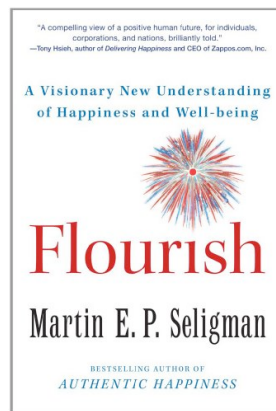
Lyubomirsky, S. (2013). *The myths of happiness: What should make you happy, but doesn't, what shouldn't make you happy, but does*. Penguin Press.



Peterson, Christopher. (2006). *A primer in positive psychology*. New York: Oxford University Press.



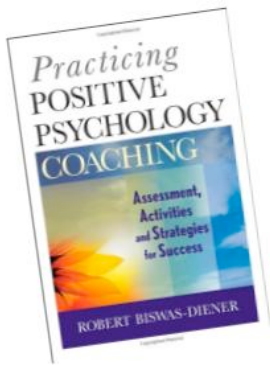
Seligman, Martin. E. P. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Free Press.



Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. New York: Free Press.



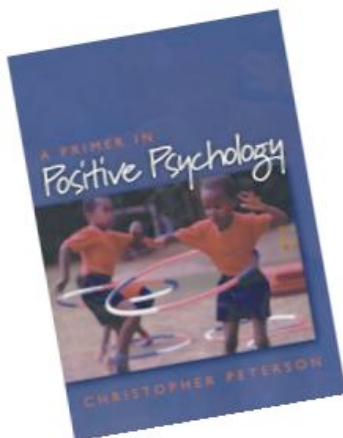
Positive Psychology at the Movies; Using Films to Build Virtues and Character Strengths



Robert Biswas-Diener, *Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success*



Meditations2Go Guided Audio Meditations CD Set 1



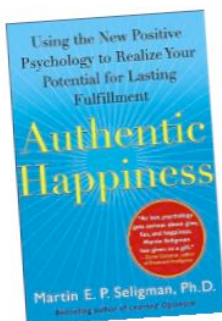
Chris Peterson, *A Primer in Positive Psychology* (Oxford Positive Psychology Series)



Shawn Achor, *The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work*

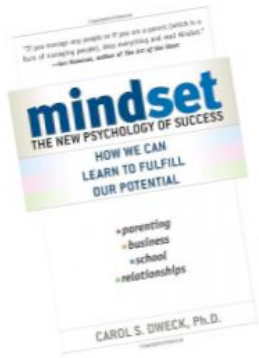


Tal Ben-Shahar, *Happiness 101*



Martin Seligman, *Authentic Happiness: Using the New*

Positive Psychology to Realize Your Potential for Lasting Fulfillment



Carol Dweck, *Mindset: The New Psychology of Success*



Flow: The Psychology of Optimal Experience