BIBLIOGRAPHY FOR “THE SCIENCE OF HAPPINESS” (GG101X)

Note: The citations listed below are only for units that contain a video lecture from a “Science of Happiness” co-instructor (Dr. Keltner or Dr. Simon-Thomas). Units with other types of content are not included in the bibliography.

**Week 1: Introduction to the Science of Happiness**

**Welcome to the Course!**

No citations

**What is Happiness?**

**Philosophical and Spiritual Views on Happiness**


**How Science Defines and Measures Happiness**


**Misconceptions About Happiness**


**Why Does Happiness Matter?**

**More on the Benefits of Happiness**


Helliwell, J., Layard, R., & Sachs, J. (eds.) (2012). World happiness report. The Earth Institute, Columbia University, New York, USA.

**Why We Need the Science of Happiness Today**

Twenge, J. M., Konrath, S., Foster, J. D., Keith Campbell, W., & Bushman, B. J. (2008). Egos inflating over time: A cross-temporal meta-analysis of the narcissistic personality inventory. *Journal of Personality, 76*(4), 875-902. doi:10.1111/j.1467-6494.2008.00507.x


**Happiness Practice #1: Three Good Things**

**Introduction to Three Good Things**


**What’s Joy Got To Do With It?**

No citations

**Can We Increase Our Own Happiness?**

No citations

**What Does — and Doesn’t — Make Us Happy?**

What Makes it Hard For Us to Be Happy?


**Money and Happiness**


**So What Does Make Us Happy?**


WEEK 2: Happiness & Human Connection

Intro to Week 2

Social Connection and Happiness


Why Do Social Connections Foster Happiness?

Why are Humans "Ultrasocial"?


McPherson et al., 2006


Causes and Consequences of Attachment Styles


Evidence that We're Built to Connect

How We're Wired to Connect


The Science of Oxytocin, the "Love Hormone"


striatum activation during social appraisal. *PLoS One, 3*(8), e2868. doi:10.1371/journal.pone.0002868

**Romantic Relationships, Family & Friends**

**Relationships, Marriage and Happiness**


Parenting and Happiness

Kahneman et al., 2004


How Friendships Matter for Happiness


**Cross-Group Relationships and Happiness**


**Happiness Practice: Active Listening**


**The Science of Empathy**


Bernhardt & Singer, 2012


**WEEK 3: Kindness & Compassion**

**Intro to Week 3**

No citations

**What is Compassion, and Why Does It Matter?**

**What's Good About Compassion?**


**The War on Compassion**


**How Kindness Fosters Happiness**

The Kindness-Happiness Loop


Omoto, A. M., Snyder, M., & Berghuis, J. P. (1993). The psychology of volunteerism: A conceptual analysis and a program of action research.

**Happiness Practice #3: Random Acts of Kindness**

No citations

**Evidence from Evolution, Child Development, and Biology**

Evolutionary Roots of Kindness


**Biological Evidence that Kindness Fosters Happiness**


**Challenges to Compassion and Kindness--and How to Overcome Them**

Challenges to Compassion and Kindness


**Scaling Up Kindness**

Kindness is Contagious


**WEEK 4: Cooperation and Reconciliation: Apology & Forgiveness**

**Intro to Cooperation**

The Evolution of Cooperation


Neuroscience of Cooperation


Peacemaking & Reconciliation

The Science of Apology


The Science of Forgiveness

Intro to the Science of Forgiveness


**Forgiveness Practice**

No citations

**Building Trust**

**The Science of Trust**


**WEEK 5: Midterm Exam**

**WEEK 6: Mindful Moments Are Happier Moments**

**How Paying Attention Can Make You Happier**

Defining What Mindfulness Is and Isn't


**What is Mindfulness?**

Mindfulness in Different Traditions


Shapiro et al., 2006

**Happiness Practice: Mindful Breathing**

Intro to Mindful Breathing


**Benefits of Mindfulness for Mind, Brain, and Body**

Mindfulness and Psychological Well-Being


Davidson et al., 2003


**Mindfulness and Physical Well-Being**


Davidson et al., 2003

Pace et al., 2009


Mindfulness and Neuroplasticity


Maguire et al., 2000

Lutz et al., 2008

Luders et al., 2013

Real-World Applications of Mindfulness

Applications of Mindfulness Research


**WEEK 7: Mental Habits of Happiness**

**Week 7 Roadmap**
Toxic Thoughts vs. Training the Mind for Happiness

The Fundamentals of Training the Mind for Happiness


**Misconceptions about “Training the Mind”**


**Self-Compassion: A Path to Resilience and Happiness**

**Why We Need Self-Compassion**


**The Benefits Linked to Self-Compassion**


**Happiness Practice #7: Self-Compassionate Letter**

Self-Compassionate Letter


Leary et al., 2007

Neff & Germer, 2013

Finding "Flow"

Introduction to Flow


Collins et al., 2009


How Goal-Setting Can Foster Happiness

How Goals Can Foster Happiness

Headey, 2008

Sheldon et al., 2010

Happiness Practice #8: Best Possible Self

Best Possible Self


WEEK 8: Gratitude

Intro to Gratitude and Happiness

Introduction to Gratitude


**Happiness Practice #9: Gratitude Journal**

**Intro to Happiness Practice #9: Gratitude Journal**

Emmons & McCullough, 2003

**The Psychological Benefits of Gratitude**

**Psychological Benefits of Gratitude**

Watkins, P. C. *Gratitude and the good life: toward a science of appreciation*. Springer.

**The Physical and Social Benefits of Gratitude**

Emmons & McCullough, 2003


**Challenges to Gratitude**

**Cultivating Gratitude**

**Happiness Practice #10: Gratitude Letter**

WEEK 9: Finding Your Happiness Fit and the New Frontiers

Intro to the Cutting Edge: Awe

The Science of Awe

Burke, E. (1757). *A philosophical enquiry into the origin of our ideas of the sublime and beautiful.*

Kant, I. (1764). *Observations on the feeling of the beautiful and sublime.*


Myers, 2001


Happiness Practice #11: Writing About Awe
Intro to Happiness Practice #11: Writing About Awe

Rudd et al., 2012


Cutting-Edge Topic: Laughter and Play

Laughter


**Play**


**Cutting-Edge Topic: Finding Your “Fit”**

**Person-Activity Fit**


**Finding Your Narrative**

**The Power of Narrative**


Sheldon & Lyubomirsky, 2006

**Synthesis and Farewell**

**Key Lessons and Final Reflections**