

## Positive Psychology

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Call Number	TITLE	Author/s	Year	Annotation
150.19 BONI	<i>Positive psychology in a nutshell: the science of happiness</i>	Ilona Boniwell	2012	A readable and accessible introduction to positive psychology, this book lists and explains many of the terms, approaches and controversies in the field. Check out the Ten good ways to destroy a relationship on p.126, for example. Ouch.
150.198 LEWI	<i>Positive psychology and change: how leadership, collaboration and appreciative inquiry create transformational results</i> 2 copies	Lewis Sarah	2016	We need to develop work organizations in which people thrive and find positive meaning in life rather than being impoverished and exhausted by organizational change. This book offers a profoundly important guide to how we can create such organizations, providing the theoretical rationale, evidence and practical steps necessary to achieve transformational change.
153 SELI	<i>Homo Prospectus</i>	Martin E.P. Seligman, Peter Railton, Roy F. Baumeister, Chandra Sripada.	2016	"An important insight about how the mind works, presented with a slew of fascinating discoveries and a refreshingly interdisciplinary approach." from back cover.
153.4 EDEL	<i>Change your thinking</i>	Edelman. S	2006	CHANGE YOUR THINKING is based on the principles of cognitive behaviour therapy (CBT), the psychological approach used by therapists all over the world. Sarah Edelman explains CBT in a clear and compassionate way. This edition also contains a brand new chapter on mindfulness, demonstrating how mindfulness techniques can be integrated with CBT strategies.
153.4 KAHN	<i>Thinking, Fast and Slow</i>	Daniel Kahneman	2011	Kahneman takes us on a ground-breaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. Kahneman exposes the extraordinary capabilities—and also the faults and biases—of fast thinking, and reveals the pervasive influence of intuitive impressions on our thoughts and behavior.  The impact of loss aversion and overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the challenges of properly framing risks at work and at home, the profound effect of cognitive biases on everything from playing the stock market to planning the next vacation—each of these can be understood only by knowing how the two systems work together to shape our judgments and decisions.

153.42 GARD	<i>5 Minds for the future</i>	Howard Gardner	2008	In a time of relentless change, there's only one thing that's certain: new challenges and opportunities will emerge that are virtually unimaginable today. How can we know which skills will be required to succeed?
153.7 JOHN	<i>Capturing mindfulness : a guide to becoming present through photography</i>	Matthew Johnstone	2013	Next to meditation, this is one of the most creative and enjoyable ways to understand and attain mindfulness in day-to-day life. The very essence of photography; after all, is all about observing, focusing, framing and capturing 'a moment'.
153.8 HASS	<i>Freedom of mind : helping loved ones leave controlling people, cults and beliefs</i>	Steven Hassan	2012	In the post 911 world, people are more susceptible than ever to charismatic figures who offer simple, black v. white, us v. them, good v. evil, formulaic solutions. The rise of the Internet; increasingly sophisticated knowledge about how to influence and manipulate others; and the growing vulnerabilities of people across the planet-make for a dangerous, potentially devastating combination.
155.24 TALE	<i>Antifragile: Things that gain from Disorder</i>	Nassim Nicholas Taleb	2012	Antifragile looks at how some systems actually benefit from disorder. In his previous work, The Black Swan Taleb outlined a problem; in Antifragility he offers a definitive solution: how to gain from disorder and chaos while being protected from fragilities and adverse events. For what he calls the "antifragile" is one step beyond robust, as it benefits from adversity, uncertainty and stressors, just as human bones get stronger when subjected to stress and tension. Taleb stands uncertainty on its head, making it desirable, and proposing that things be built in an antifragile manner. Extremely ambitious and multidisciplinary, Antifragility provides a blueprint for how to behave-and thrive-in a world we don't understand and which is too uncertain for us to even try to understand.
158.1 DWEC	<i>Mindset: how you can fulfil your potential</i>	Dr. Carol S. Dweck	2006	Dr Dweck explains why it's not just our abilities and talent that brings us success, but whether we approach our goals with a fixed or growth mindset.
158.1 GREN	<i>Positive psychology: a practical guide</i>	Bridget Grenville-Cleave	2012	Positive Psychology will help you to look on the bright side and to find your place in the world around you. With expert encouragement and guidance, you will set out your own positive psychology project to discover your strengths, overcome negative attitudes, focus on what gives you purpose, and take control of your life choices.

158.1 JENN	<i>Mindfulness for Teachers: simple skills for peace and productivity in the classroom</i>	Patricia Jennings	2015	This book shows teachers how to use the evidence-proven technique of mindfulness to manage the stressful demands of the classroom, cultivate an exceptional school environment and revitalise their teaching and their students' learning. Drawing on basic and applied research in the fields of neuroscience, psychology and education, as well as the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist, it provides exercises in relaxation, movement, deep listening, and more, all with real-time classroom applications.
158.1 SELI	<i>Authentic Happiness</i>	Martin E.P. Seligman	2011	The first book to examine the mechanisms by which mentally healthy people become happy, and how happy people become very happy. It represents the first time any scientist has placed value in the study not only of mental illness, but of 'mental wellness'. It's not about curing one's ills, but about exercising one's strengths and virtues in order to achieve what Seligman terms 'authentic happiness'. The life-changing lesson of AUTHENTIC HAPPINESS is that, by assessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of genuine contentment and joy.
158.1 SELI	<i>Flourish: a visionary new understanding of happiness and well-being</i>	Martin E.P. Seligman	2011	" <i>Flourish</i> builds on Dr Seligman's game-changing work on optimism, motivation, and character to show how to get the most out of life, unveiling an electrifying new theory of what makes a good life – for individuals, for communities, and for nations." [back cover]
158.12 JOH	<i>Quiet the mind : an illustrated guide on how to meditate</i>	Matthew Johnstone	2012	Modern society has made sitting still a near impossible task with its constant mantra of being connected. Our brains never get a break and the result can be increased stress, anxiety, insomnia and, if left unchecked, even depression. But there is something you can do – nothing!
158.2 GRAN	<i>Give and Take</i>	Adam Grant	2013	For generations, we have focused on the individual drivers of success: passion, hard work, talent, and luck. But today, success is increasingly dependent on how we interact with others. It turns out that at work, most people operate as either takers, matchers, or givers. Whereas takers strive to get as much as possible from others and matchers aim to trade evenly, givers are the rare breed of people who contribute to others without expecting anything in return.

158.7 PRYC	<i>Happiness at work: maximising your psychological capital for success</i>	Jessica Pryce-Jones	2010	Sharing the results of her four-year research journey in simple, jargon-free language, Pryce-Jones exposes the secrets of being happy at work. Focuses on what happiness really means in a work context and why it matters to individuals and organisations in both human and financial terms. Equips readers with the information, knowledge and skills to make the most of the nearly 100,000 hours that they'll spend at work over a lifetime.
178 KESS	<i>The soul of education: Helping students find connection, compassion and character at school</i>	Kessler. R	2000	Noting the difficulties American adolescents have in finding answers to profound spiritual questions, this book examines how educators and parents of diverse backgrounds can unite to find ways to nourish spiritual development or invite soul into schools without violating the separation of church and state or deeply held beliefs of families and students. The book provides a theoretical framework stemming from adolescents' stories and questions, and a wide range of concrete activities to provide ordinary experiences that can nourish spiritual development.
302.23 RUSH	<i>Coercion : why we listen to what "they" say</i>	Douglas Rushkoff	1999	An essential book for anyone interested in the power of the media and the mechanics of deception
370.1 NORR	<i>Positive education: the Geelong Grammar school journey</i>	Jacolyn M. Norrish	2015	The Geelong Grammar School Journey is the story of one school's development of a more holistic approach to education: one with student wellbeing at its heart. Balancing academic findings from the thriving field of Positive Psychology, whilst exploring the adaptation of this science into an innovative radical new approach to teaching called Positive Education, iPositive Education.
370.15 HASS	<i>Mindful learning</i>	Craig Hassed & Richard Chambers	2014	Mindfulness cultivates present-moment attention and an attitude of acceptance (rather than reactivity) of moment-by-moment experience (p.6), so its relevance to education is obvious. This readable book "... provides practical insights and exercises on how to apply mindfulness in any educational setting."
371.1 HODG	Looking forward to Monday morning: ideas for recognition and appreciation activities and fun things to do at work for educators	Hodges. D	2005	Empower your staff members with a fresh appreciation for their work and transform each day of the week into an opportunity for creativity and fun.
371.102 DAVI	<i>Mindful teaching and teaching mindfulness</i>	David. D.S	2009	Mindfulness has gone mainstream, and author Deborah Schoeberlein pioneers its practical application in education. By showing teachers how to tune into what's happening, inside and around them, she offers fresh, straightforward approaches to training attention and generating caring both in and outside of the classroom

612.8232 DAVI	<i>The emotional life of your brain</i>	Richard J. Davidson	2012	This long awaited book by a pioneer in brain research offers a new model of our emotions- their origins, their power, and their malleability. For more than thirty years, Richard Davidson has been at the forefront of brain research. Now he gives us an entirely new model for understanding our emotions, as well as practical strategies we can use to change them.
616.8914 SIEG	<i>Mindsight: transform your brain with the new science of kindness</i>	Daniel Siegel	2011	From a pioneer in the field of mental health comes a ground breaking book on the healing power of “Mindsight”, the capacity for insight and empathy that allows you to make positive changes in your brain – and your life.
658.314 LUTH	<i>Psychological capital: developing the human competitive edge</i>	Fred Luthans et al	2007	“... a must-have desk reference for leadership and human resources management.” Looks at psychological capital (Psycap) as a human resource, and examines positive organisational behaviour (POB) in the context of the workplace.
658.406 KEGA	<i>Immunity to change</i>	Robert Kegan & Lisa Laskow Lahey	2009	A recent study showed that when doctors tell heart patients they will die if they don't change their habits, only one in seven will be able to follow through successfully. Desire and motivation aren't enough: even when it's literally a matter of life or death, the ability to change remains maddeningly elusive.
658.872 NAHA	<i>Webs of influence : the psychology of online persuasion : the secret strategies that make us click</i>	Nathalie Nahai	2012	In this book The Web Psychologist, Nathalie Nahai, expertly draws from the worlds of psychology, neuroscience and behavioural economics to bring you the latest developments, cutting edge techniques and fascinating insights that will lead to online success.