Positive Psychology in Practice

Edited by
P. Alex Linley and Stephen Joseph

John Wiley & Sons, Inc.
Contents

Foreword
  Martin E. P. Seligman  xi
Preface  xv
Acknowledgments  xvii
Contributors  xix

PART I THE APPLIED POSITIVE PSYCHOLOGY PERSPECTIVE
  1 Applied Positive Psychology: A New Perspective for Professional Practice  3
  P. Alex Linley and Stephen Joseph

PART II HISTORICAL AND PHILOSOPHICAL FOUNDATIONS
  2 Positive Psychology: Historical, Philosophical, and Epistemological Perspectives  15
  Ingvild S. Jørgensen and Hilde Eileen Nafstad
  3 The Good Life, Broadly and Narrowly Considered  35
  Laura A. King, Jennifer Emilia Eells, and Chad M. Burton

PART III VALUES AND CHOICES IN PURSUIT OF THE GOOD LIFE
  4 The Good Life or the Goods Life? Positive Psychology and Personal Well-Being in the Culture of Consumption  55
  Tim Kasser
  5 Value Pathways to Well-Being: Healthy Values, Valued Goal Attainment, and Environmental Congruence  68
  Lilach Sagiv, Sonia Roccas, and Osnat Hazan
  6 Doing Better but Feeling Worse: The Paradox of Choice  86
  Barry Schwartz and Andrew Ward
  7 Fostering Healthy Self-Regulation from Within and Without: A Self-Determination Theory Perspective  105
  Kirk Warren Brown and Richard M. Ryan

PART IV LIFESTYLE PRACTICES FOR HEALTH AND WELL-BEING
  Kennon M. Sheldon and Sonja Lyubomirsky
9 Physical Activity: Positive Psychology in Motion 146
   Nanette Mutrie and Guy Faulkner
10 Balancing Time Perspective in Pursuit of Optimal Functioning 165
   Ilona Boniwell and Philip G. Zimbardo

PART V TEACHING AND LEARNING: METHODS AND PROCESSES

11 Teaching Students to Make Wise Judgments: The “Teaching for Wisdom” Program 181
   Alina Reznitskaya and Robert J. Sternberg
12 Introducing Positive Psychology to the Introductory Psychology Student 197
   Amy C. Fineburg
13 Teaching Positive Psychology 210
   Nick Baylis
14 Rescuing Our Heroes: Positive Perspectives on Upward Comparisons in Relationships, Education, and Work 218
   Michael A. Cohn

PART VI POSITIVE PSYCHOLOGY AT WORK

15 Leading Well: Transformational Leadership and Well-Being 241
   Niro Sivanathan, Kara A. Arnold, Nick Turner, and Julian Barling
16 Strengths-Based Development in Practice 256
   Timothy D. Hodges and Donald O. Clifton
17 Positive and Creative Organization 269
   Jane Henry
18 Toward a Positive Psychology of Executive Coaching 287
   Carol Kaufman and Anne Scoular

PART VII HEALTH PSYCHOLOGY, CLINICAL PSYCHOLOGY, AND PSYCHOTHERAPY: A POSITIVE PSYCHOLOGICAL PERSPECTIVE

19 Positive Psychology and Health Psychology: A Fruitful Liaison 305
   Shelley E. Taylor and David K. Sherman
20 Toward a Positive Clinical Psychology: Deconstructing the Illness Ideology and Constructing an Ideology of Human Strengths and Potential 320
   James E. Maddux, C. R. Snyder, and Shane J. Lopez
21 The Client: Psychotherapy’s Missing Link for Promoting a Positive Psychology 335
   Mark A. Hubble and Scott D. Miller
22 Positive Therapy: A Positive Psychological Theory of Therapeutic Practice 354
   Stephen Joseph and P. Alex Linley

PART VIII POSITIVE PSYCHOLOGY IN THE CONSULTING ROOM

23 Clinical Applications of Well-Being Therapy 371
   Chiara Ruini and Giovanni A. Fava
24 Strategies for Accentuating Hope 388

25 A Clinical Approach to Posttraumatic Growth 405
Richard G. Tedeschi and Lawrence G. Calhoun

26 Positive Psychology and Psychotherapy: An Existential Approach 420
Roger Bretherton and Roderick J. Ørner

Part IX STRENGTHS OF CHARACTER IN PRACTICE

27 Classification and Measurement of Character Strengths: Implications for Practice 433
Christopher Peterson and Nansook Park

28 Emotional Intelligence in Practice 447
Peter Salovey, David Caruso, and John D. Mayer

29 Gratitude in Practice and the Practice of Gratitude 464
Giacomo Bono, Robert A. Emmons, and Michael E. McCullough

30 Facilitating Curiosity: A Social and Self-Regulatory Perspective for Scientifically Based Interventions 482
Todd B. Kashdan and Frank D. Fincham

31 Approaches to a Good Life: The Emotional-Motivational Side to Wisdom 504
Ute Kunzmann

Part X POSITIVE DEVELOPMENT ACROSS THE LIFE SPAN

32 Fostering the Future: Resilience Theory and the Practice of Positive Psychology 521
Tuppett M. Yates and Ann S. Masten

33 Organized Youth Activities as Contexts for Positive Development 540
Reed Larson, Robin Jarrett, David Hansen, Nickki Pearce, Patrick Sullivan, Kathrin Walker, Natasha Watkins, and Dustin Wood

34 Positive Aging 561
George E. Vaillant

Part XI BUILDING COMMUNITY THROUGH INTEGRATION AND REGENERATION

35 Bringing Subjectivity into Focus: Optimal Experiences, Life Themes, and Person-Centered Rehabilitation 581
Antonella Delle Fave and Fausto Massimini

36 Good Lives and the Rehabilitation of Offenders: A Positive Approach to Sex Offender Treatment 598
Tony Ward and Ruth Mann

37 Facilitating Forgiveness: Developing Group and Community Interventions 617
Frank D. Fincham and Todd B. Kashdan
PART XII  PUBLIC POLICY INITIATIVES: GOOD GOVERNANCE AND THE GOOD LIFE

38  Human Connections and the Good Life: Balancing Individuality and Community in Public Policy  
    David G. Myers 641

39  Happiness as a Public Policy Aim: The Greatest Happiness Principle  
    Ruut Veenhoven 658

40  Findings on Subjective Well-Being: Applications to Public Policy, Clinical Interventions, and Education  
    William Pavot and Ed Diener 679

41  A Population Approach to Positive Psychology: The Potential for Population Interventions to Promote Well-Being and Prevent Disorder  
    Felicia A. Huppert 693

PART XIII  SIGNPOSTS FOR THE PRACTICE OF POSITIVE PSYCHOLOGY

42  Toward a Theoretical Foundation for Positive Psychology in Practice  
    P. Alex Linley and Stephen Joseph 713

Author Index 733

Subject Index 753