

‘Accentuate the Positive, Eliminate the Negative’

An Extremely Informal Bibliography:

BOOKS

Psychologists teaching the skills of optimism in their books include:

Martin E.P. Seligman, *Learned Optimism*. (Another Seligman book, *The Optimistic Child*, details what was learned through his Penn Resiliency Project, originally called the Penn Depression Prevention Program.)

Albert Ellis, *Rational Emotive Therapy*

David Burns, *Feeling Good*

Aaron Beck

OTHER BOOKS

Mihaly Csikszentmihalyi, *Creativity: Flow and the Psychology of Discovering and Invention*.

Daniel Goleman, *Emotional Intelligence*.

ARTICLES:

“Optimism’s Downside,” Alison Bass. Trendlines; CIO Magazine Nov. 1, 2000

“Cultivating Positive Emotions to Optimize Health and Well-Being,” Barbara L. Fredrickson. Prevention & Treatment, Volume 3, Article 0001a, posted March 7, 2000. American Psychological Association

“Broadening and Narrowing in the Creative Process: A Commentary on Fredrickson’s ‘Broaden-and-Build’ Model,” Kevin Rathunde. Prevention & Treatment, Volume 3, Article 6, posted March 7, 2000. American Psychological Association

“Highlights from the Research Project on Gratitude and Thankfulness: Dimensions and Perspectives of Gratitude.” Co-investigators: Robert A. Emmons, University of California-Davis and Michael E. McCullough, Southern Methodist University.

“Sessions: Being Afraid is not conducive to innovation and creativity.” Dr. Ed Diener, Benefits of Positive Affect. (A talk describing study underway by Drs. Diener, Seligman, King and Lyubomirsky.)

“Dynamic Optimism: An Extropian Cognitive-Emotional Virtue” Max More.
www.maxmore.com