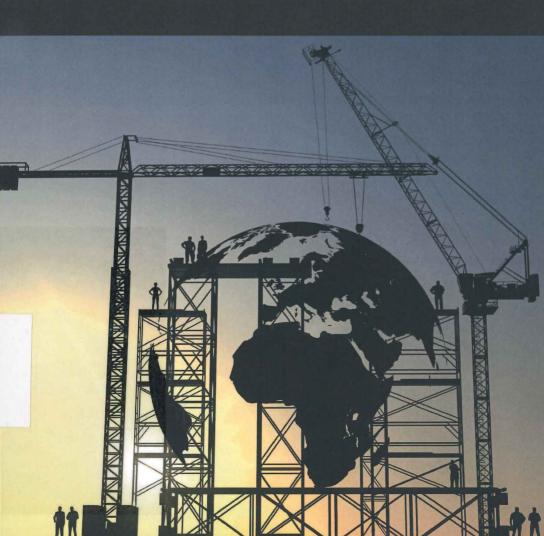


## Positive Psychological Science

Improving Everyday Life, Well-Being, Work, Education, and Societies Across the Globe

Edited by Stewart I. Donaldson, Mihaly Csikszentmihalyi, and Jeanne Nakamura



616707187 012579099 122688055

## POSITIVE PSYCHOLOGICAL SCIENCE

Improving Everyday Life, Well-Being, Work, Education, and Societies Across the Globe

2nd Edition



Edited by Stewart I. Donaldson, Mihaly Csikszentmihalyi, and Jeanne Nakamura



## CONTENTS

110	out the Eattors	xn
Lis	t of Contributors	χı
Series Foreword Preface Acknowledgments		xxii
		xxv
		xxix
1	Theory-Driven Positive Psychological Science: A Global Perspective Stewart I. Donaldson	· 1
PAI Fo	RT I undations of Positive Psychological Science	13
2	National Accounts of Well-Being for Public Policy Jessica Kansky and Ed Diener	15
3	Cultivating Positive Emotions to Enhance Human Flourishing  Taylor N. West and Barbara L. Fredrickson	38
4	The Science of Positive Relationships and Love Saeideh Heshmati and Stewart I. Donaldson	52

## **x** Contents

5	The Importance of Purpose: Theory, Research, and Application  Kendall Cotton Bronk	64
6	Contexts of Positive Adult Development: Mentoring as an Example  Jeanne Nakamura	81
PAR	RT II	
	e Science of Positive Work and Organizations	103
7	Advances in the Science of Positive Work and Organizations Stewart I. Donaldson, Scott I. Donaldson, and Ia Ko	105
8	Prosocial Practices, Positive Identity, and Flourishing at Work Jane E. Dutton, Laura Morgan Roberts, and Jeff Bednar	128
9	Effects of Virtuous Leadership on Organizational Performance Kim S. Cameron	145
PAF	RT III	
Th	e Science of Positive Education	159
10	Gallup Student Poll: Measuring and Promoting What Is Right With Students  Valerie J. Calderon and Shane J. Lopez	161
11	Education in 2035: How Positive Psychology Can Revitalize Education Hans Henrik Knoop	176
12	How National Surveys of Well-Being Can Stimulate Educational Practice Hans Henrik Knoop	193

	Contents XI
PART IV Evidence-Based Interventions	223
13 Positive Activity Interventions Targeted to Improve Depressive Symptoms	225
Jin H. Wen, Sonja Lyubomirsky, and Nancy L. Sin	
14 Using Positive Psychological Science to Design and Evaluate Interventions	246
Stewart I. Donaldson	240
15 Positive Psychology and a Positive Worldview: New Hope for the Future of Humankind	256
Mihaly Csikszentmihalyi	250
Index	266