

Second Edition

# 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



สำนักหอสมุด มหาวิทยาลัยเชียงใหม่

616707187  
012529099  
j 22688055

# 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

<i>About the Editors</i>	xii
<i>List of Contributors</i>	xv
<i>Series Foreword</i>	xxii
<i>Preface</i>	xxv
<i>Acknowledgments</i>	xxix

1 Theory-Driven Positive Psychological Science: A Global Perspective	1
<i>Stewart I. Donaldson</i>	

## PART I

### **Foundations of Positive Psychological Science** 13

2 National Accounts of Well-Being for Public Policy	15
<i>Jessica Kansky and Ed Diener</i>	
3 Cultivating Positive Emotions to Enhance Human Flourishing	38
<i>Taylor N. West and Barbara L. Fredrickson</i>	
4 The Science of Positive Relationships and Love	52
<i>Saeideh Heshmati and Stewart I. Donaldson</i>	

- 5 The Importance of Purpose: Theory, Research, and Application 64  
*Kendall Cotton Bronk*
- 6 Contexts of Positive Adult Development: Mentoring as an Example 81  
*Jeanne Nakamura*

**PART II**

**The Science of Positive Work and Organizations 103**

- 7 Advances in the Science of Positive Work and Organizations 105  
*Stewart I. Donaldson, Scott I. Donaldson, and Ia Ko*
- 8 Prosocial Practices, Positive Identity, and Flourishing at Work 128  
*Jane E. Dutton, Laura Morgan Roberts, and Jeff Bednar*
- 9 Effects of Virtuous Leadership on Organizational Performance 145  
*Kim S. Cameron*

**PART III**

**The Science of Positive Education 159**

- 10 Gallup Student Poll: Measuring and Promoting What Is Right With Students 161  
*Valerie J. Calderon and Shane J. Lopez*
- 11 Education in 2035: How Positive Psychology Can Revitalize Education 176  
*Hans Henrik Knoop*
- 12 How National Surveys of Well-Being Can Stimulate Educational Practice 193  
*Hans Henrik Knoop*

**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*
- 15 Positive Psychology and a Positive Worldview:  
New Hope for the Future of Humankind 256  
*Mihaly Csikszentmihalyi*
- Index* 266