



OXFORD LIBRARY OF PSYCHOLOGY

Editor-in-Chief PETER E. NATHAN

Oxford Handbook of Positive Psychology

Edited by

Shane J. Lopez

C. R. Snyder

OXFORD
UNIVERSITY PRESS

TABLE OF CONTENTS

- Foreword xxiii
Memoriam: Remembering C. R. Snyder: A Humble Legacy of Hope xxvii
Preface xxxi
- Part One • Major Developments in Positive Psychology 1**
1. A Case for Positive Psychology 3
Shane J. Lopez and Matthew W. Gallagher
 2. Positive Psychology: Past, Present, and Future 7
Ed Diener
 3. Positive Emotions 13
Michael A. Cohn and Barbara L. Fredrickson
 4. Classifying and Measuring Strengths of Character 25
Christopher Peterson and Nansook Park
 5. Positive Psychology Applications 35
P. Alex Linley, Stephen Joseph, John Maltby, Susan Harrington, and Alex M. Wood
 6. Positive Psychology Within a Cultural Context 49
Jennifer Teramoto Pedrotti, Lisa M. Edwards, and Shane J. Lopez
- Part Two • Positive Psychology Perspectives on Human Behavior 59**
7. Stopping the “Madness”: Positive Psychology and Deconstructing the Illness Ideology and the DSM 61
James E. Maddux
 8. Widening the Diagnostic Focus: A Case for Including Human Strengths and Environmental Resources 71
Beatrice A. Wright and Shane J. Lopez
 9. Toward a Science of Mental Health 89
Corey L. M. Keyes
 10. Modeling Positive Human Health: From Covariance Structures to Dynamic Systems 97
Anthony D. Ong and Alex J. Zautra
 11. Positive Ethics: Themes and Variations 105
Mitchell M. Handelsman, Samuel Knapp, and Michael C. Gottlieb
- Part Three • Positive Psychology Across the Lifespan 115**
12. Resilience in Development 117
Ann S. Masten, J. J. Cutuli, Janette E. Herbers, and Marie-Gabrielle J. Reed

13. Positive Psychology for Children and Adolescents: Development, Prevention, and Promotion 133
Keri J. Brown Kirschman, Rebecca J. Johnson, Jade A. Bender, and Michael C. Roberts
14. The Positive Youth Development Perspective: Theoretical and Empirical Bases of a Strengths-Based Approach to Adolescent Development 149
Richard M. Lerner
15. Aging Well in the 21st Century: Challenges and Opportunities 165
Gail M. Williamson and Juliette Christie
16. New Territories of Positive Life-Span Development: Wisdom and Life Longings 171
Susanne Scheibe, Ute Kunzmann, and Paul B. Baltes

Part Four • Emotional Approaches 185

17. Subjective Well-Being: The Science of Happiness and Life Satisfaction 187
Ed Diener, Shigehiro Oishi, and Richard E. Lucas
18. Flow Theory and Research 195
Jeanne Nakamura and Mihaly Csikszentmihalyi
19. Positive Affectivity: The Disposition to Experience Positive Emotional States 207
David Watson and Kristin Naragon
20. The Social Construction of Self-Esteem 217
John P. Hewitt
21. Coping Through Emotional Approach: Emerging Evidence for the Utility of Processing and Expressing Emotions in Responding to Stressors 225.
Annette L. Stanton, Sarah J. Sullivan, and Jennifer L. Austenfeld
22. The Positive Psychology of Emotional Intelligence 237
Peter Salovey, John D. Mayer, David Caruso, and Seung Hee Yoo
23. Emotional Creativity: Toward “Spiritualizing the Passions” 249
James R. Averill

Part Five • Cognitive Approaches 259

24. Creativity 261
Dean Keith Simonton
25. The Role of Personal Control in Adaptive Functioning 271
Suzanne C. Thompson
26. Mindfulness Versus Positive Evaluation 279
Ellen Langer
27. Perspectives on Time 295
Ilona Boniwell
28. Optimism 303
Charles S. Carver, Michael F. Scheier, Christopher J. Miller, and Daniel Fulford
29. Optimistic Explanatory Style 313
Christopher Peterson and Tracy A. Steen

30. Hope Theory 323
Kevin L. Rand and Jennifer S. Cheavens
31. Self-Efficacy: The Power of Believing You Can 335
James E. Maddux
32. Problem-Solving Appraisal and Psychological Adjustment 345
P. Paul Heppner and Dong-gwi Lee
33. Self-Determination 357
Michael L. Wehmeyer, Todd D. Little, and Julie Sergeant
34. Curiosity and Interest: The Benefits of Thriving on Novelty and Challenge 367
Todd B. Kashdan and Paul J. Silvia
35. Courage 375
Cynthia L. S. Pury and Shane J. Lopez

Part Six • Interpersonal Approaches 383

36. Relationship Connection: A Redux on the Role of Minding and the Quality of Feeling Special in the Enhancement of Closeness 385
John H. Harvey and Brian G. Pauwels
37. Compassion 393
Eric J. Cassell
38. Adult Attachment Security: The Relational Scaffolding of Positive Psychology 405
Frederick G. Lopez
39. Empathy and Altruism 417
C. Daniel Batson, Nadia Ahmad, and David A. Lishner
40. Forgiveness 427
Michael E. McCullough, Lindsey M. Root, Benjamin A. Tabak, and Charlotte van Oyen Witvliet
41. Furthering the Science of Gratitude 437
Philip C. Watkins, Michael Van Gelder, and Araceli Friaas
42. Love 447
Clyde Hendrick and Susan S. Hendrick
43. For Richer . . . in Good Times . . . and in Health: Positive Processes in Relationships 455
Natalya C. Maisel and Shelly L. Gable

Part Seven • Self-Based Approaches 463

44. What's Positive About Self-Verification? 465
Rebecca J. North and William B. Swann, Jr.
45. Reality Negotiation 475
Raymond L. Higgins and Matthew W. Gallagher
46. Humility 483
June Price Tangney

47. The Motive for Distinctiveness: A Universal, but Flexible Human Need 491
Vivian L. Vignoles

Part Eight • Biological Approaches 501

48. A Role for Neuropsychology in Understanding the Facilitating Influence of Positive Affect on Social Behavior and Cognitive Processes 503
Alice M. Isen
49. Toward a Biology of Social Support 519
Sally S. Dickerson and Peggy M. Zoccola
50. The Central Role of the Heart in Generating and Sustaining Positive Emotions 527
Rollin McCraty and Robert A. Rees
51. Toughness 537
Richard A. Dienstbier and Lisa M. Pytlak Zillig

Part Nine • Positive Institutions 549

52. Family-Centered Positive Psychology 551
Susan M. Sheridan and Jennifer D. Burt
53. Positive Schools 561
E. Scott Huebner, Rich Gilman, Amy L. Reschly, and Russell Hall
54. Positive Psychology on Campus 569
Laurie A. Schreiner, Eileen Hulme, Roderick Hetzel, and Shane J. Lopez
55. Positive Workplaces 579
Fred Luthans and Carolyn M. Youssef
56. Positive Institutions, Law, and Policy 589
Peter H. Huang and Jeremy A. Blumenthal

Part Ten • Specific Coping Approaches 599

- 57. Meditation and Positive Psychology 601
Shauna L. Shapiro
58. Spirituality: The Search for the Sacred 611
Kenneth I. Pargament and Annette Mahoney
59. Sharing One's Story: On the Benefits of Writing or Talking About Emotional Experience 621
Kate G. Niederhoffer and James W. Pennebaker
60. Benefit-Finding and Growth 633
Suzanne C. Lechner, Howard Tennen, and Glenn Affleck
61. Making Sense of Loss, Perceiving Benefits, and Posttraumatic Growth 641
Christopher G. Davis and Susan Nolen-Hoeksema
62. Happiness, Resilience, and Positive Growth Following Physical Disability: Issues for Understanding, Research, and Therapeutic Intervention 651
Dana S. Dunn, Gitendra Usawatte, and Timothy R. Elliott

Part Eleven • Toward Better Lives 665

63. The Promise of Sustainable Happiness 667

Julia K. Boehm and Sonja Lyubomirsky

64. Meaning in Life 679

Michael F. Steger

65. The Future of Positive Psychology: Pursuing Three Big Goals 689

Shane J. Lopez

Index 695