

Lyubomirsky, S., & Della Porta, M. (2008). Boosting happiness, buttressing resilience: Results from cognitive and behavioral interventions. To appear in J. W. Reich, A. J. Zautra, & J. Hall (Eds.), *Handbook of adult resilience: Concepts, methods, and applications*. New York: Guilford Press.

This chapter first summarizes our sustainable happiness model (Lyubomirsky, Sheldon, & Schkade, 2005), which states that a person's chronic happiness is determined by three factors: 1) a genetically determined happiness "set point," 2) happiness-relevant circumstantial factors, and 3) happiness-relevant activities and practices. We then review a number of randomized controlled interventions in which participants are prompted to express gratitude, commit acts of kindness, practice optimistic thinking, or try other happiness-enhancing strategies. Testing hypotheses from our model, these studies address the question of whether intentional activities can effectively increase long-term happiness, as well as what precise mechanisms underlie their success. Finally, we discuss the relationship between happiness, positive emotions, and resilience, and suggest ways that research on improving happiness can inform interventions to enhance resilience.