

Curriculum Vitae

SONJA LYUBOMIRSKY

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EDUCATION AND EMPLOYMENT

A.B., Psychology, *Summa Cum Laude*, Harvard University, 1989
Ph.D., Social Psychology, Stanford University, 1994
Assistant Professor, Department of Psychology, University of California, Riverside, 1994-2001
Associate Professor, Department of Psychology, University of California, Riverside, 2001-2005
Professor, Department of Psychology, University of California, Riverside, 2005-present

FELLOWSHIPS, HONORS, AND AWARDS

Honorable Mention, 2011 Action Teaching Award, Social Psychology Network
Elected Member, Society of Experimental Social Psychology, 2009
Fellow, Society for Personality and Social Psychology, 2008
First place winner (PI, Ken Sheldon), The Mind Gym Academic Prize, 2008
Resident Fellow, Center for Ideas and Society, University of California, Riverside, Spring 2009
Invited Speaker to the IPPA Membership, Leaders Series, International Positive Psychology Association, November, 2008
Journal of Happiness Studies 2006 Best Paper Award
Kenan Distinguished Visiting Speaker, Department of Psychology, University of North Carolina, Chapel Hill, 2007
Invited Speaker and Participant in Dialogue with the 14th Dalai Lama, UBC Institute of Mental Health, Orpheum Theatre, Vancouver, Canada, 2006
Templeton Positive Psychology Prize, American Psychological Association, 2002 (\$15,000)
Visiting Scholar, Oklahoma Scholars Leadership Program, University of Oklahoma, 2004
Faculty of the Year Award, Department of Psychology, University of California, Riverside, 1999-2000
Faculty Mentor of the Year, University Honors Program, 1999-2000
Regent's Faculty Fellowship/Faculty Development Award, 1998-1999, 2000-2001
Faculty Research Incentive Grant, 1996-1997, 1997-1998
Academic Senate Research, Field Research, and Travel Award, 1994-2004
Invited Participant, Positive Psychology Conference, Akumal, Mexico, 1999, 2000, 2001, 2002
Graduate Speaker, Commencement Ceremonies, Department of Psychology, Stanford University, 1994
Centennial Teaching Assistant Award, Stanford University, 1994
National Institutes of Mental Health, Individual National Research Service Award, 1993-1994
Stanford University Fellowship, 1992-1993
National Science Foundation Graduate Fellowship, 1989-1992
Jacob Javits Foundation Pre-Doctoral Fellowship (declined), 1989
Phi Beta Kappa, Harvard University, 1989
Thomas T. Hoopes Prize for Outstanding Scholarly Work, Harvard University, 1989
Faculty Prize for Outstanding Honors Thesis, Department of Psychology, Harvard University, 1989
Ford Foundation Grant for Undergraduate Research, 1988-1989
Phi Delta Kappa Scholarship Grant for Future Educators, 1985

RESEARCH INTERESTS

The Architecture of Sustainable Happiness

- Mechanisms of Sustainable Change in Long-Term Positive Affect
- Mediators and Moderators of the Effects of Activity-Based Happiness-Increasing Interventions
- Pursuing Sustainable Happiness Through Practicing Gratitude, Kindness, Optimism, Goal Pursuit, Savoring, and Strengths
- Genetic and Environmental Influences on Individual Differences in Teens' Responses to Happiness-Increasing Interventions.
- Psychological and Neural Changes in Individuals with Major Depressive Disorder and Coronary Heart Disease in Response to Happiness-Increasing Interventions

Why Are Some People Happier Than Others?: Cognitive, Motivational and Behavioral Processes in Subjective Happiness

- The Individual and Societal Benefits of Happiness and Positive Affect
- Hedonic Costs and Benefits of Self-Reflection, Emotional Disclosure, and Processing of Life Events
- Implications for Happiness of Satisficing vs. Maximizing Decision Strategies
- The Parenthood Paradox: Are Parents Less Happy and, If Yes, Why?
- Ambulatory, Sociometric, and Smartphone Methodologies to Assess Happiness and Its Correlates

Cultural and Developmental Influences on the Pursuit of Happiness

- Cultural Differences in the Mechanisms and Effectiveness of Happiness-Increasing Interventions: Trials With Asian-American, Japanese, Korean, Australian, and British Participants
- Mechanisms Underlying the Success of Happiness-Increasing Interventions in Middle School Students and Retirees
- Meaning, Experience, and Expression of Happiness and Suffering: The U.S. vs. Russia

Hedonic Adaptation to Positive Experiences

- Adaptation to Positive Experience as a Barrier to Sustainable Happiness: Mechanisms and Interventions
- The Role of Elevated Aspirations in Consumerism, Materialism, Indebtedness, and Overspending: Thwarting Hedonic Adaptation and Fostering Thrift

The Architecture of Strengths

- Contagion and Ripple Effects of the Propagation of Generosity in a Social Network
- Measurement, Antecedents, Causes, and Consequences of Humility, Conceptualized as a State

PUBLICATIONS

Books

Lyubomirsky, S. (in press). *The myth of happiness: What should make you happy, but doesn't, what shouldn't make you happy, but does, what happiness really is – and isn't.* New York: Penguin Press.

Lyubomirsky, S. (2008). *The how of happiness: A scientific approach to getting the life you want.* New York: Penguin Press.

Foreign editions:

Lyubomirsky, S. (2010). *The how of happiness: A practical approach to getting the life you want.* London: Piatkus.

Lyubomirsky, S. (2008). *De maakbaarheid van het geluk* (Frans van Delft, Trans.). Amsterdam: Archipel.

Lyubomirsky, S. (2008). *Glücklich sein: Warum Sie es in der Hand haben, zufrieden zu leben* (Jürgen Neubauer, Trans.). Frankfurt, Germany: Campus Verlag.

Lyubomirsky, S. (2008). *La ciencia de la felicidad* (Alejandra Devoto, Trans.). Barcelona, Spain: Urano.

Lyubomirsky, S. (2008). *Comment être heureux... et le rester* (Camille Fort, Trans.). Paris: Flammarion.

Lyubomirsky, S. (2008). *Lyckans verktyg: En vetenskaplig guide till lycka* (Johan Nilsson, Trans.). Stockholm: Natur & Kultur.

- Lyubomirsky, S. (2008). *Hogyan legyünk boldogok? Az önmegvalósítás útjai tudományos megközelítésben* (Turóczy Attila, Trans.). Budapest, Hungary: Ursus Libris.
- Lyubomirsky, S. (2008). *A ciência da felicidade: Como atingir a felicidade real e duradoura* (Patrícia Sá, Trans.). Rio de Janeiro, Brazil: Elsevier.
- Lyubomirsky, S. (2008). *How to be happy* (X, Trans.). Seoul, South Korea: Knowledge Nomad.
- Lyubomirsky, S. (2008). *Nasil mutlu lunur?* (X, Trans.). Istanbul, Turkey: Kapital Medya Hizmetleri A. S.
- Lyubomirsky, S. (2008). *Wybierz szczescie: Naukowe metody budowania zycia, jakiego pragniesz* (X, Trans.). Warsaw, Poland: MT Biznes.
- Lyubomirsky, S. (2008). *Sådan bliver du lykkelig* (X, Trans.). Copenhagen, Denmark: Lindhardt & Ringhof.
- Lyubomirsky, S. (2009). *Ptyat km schastyeto* (Teodora Atanasova, Trans.). Sofia, Bulgaria: Knowledge Mont.
- Lyubomirsky, S. (2009). *The how of happiness: 40%* (X, Trans.). Shanghai, China: East China Normal University Press.
- Lyubomirsky, S. (2010). *Cum să fii fericit* (Dorina Oprea, Trans.). București, Romania: Amsta.
- Lyubomirsky, S. (2010). *Kuinka onnelliseksi?* (Jouni Porio, Trans.). Helsinki, Finland, Basam Books.
- Lyubomirsky, S. (2011). *The way to happiness: Action plan for a happy life* (Katya Benyovitz, Trans.). Or Yehuda, Israel: Kinneret Publishing House.

Also under contract: Pergaminho (Portugal) and Nihon Jitsugyo Shuppansha (Japan).

Peer-Reviewed Journal Articles

- Nolen-Hoeksema, S., Wisco, B. E., & Lyubomirsky, S. (2008). Rethinking rumination. *Perspectives on Psychological Science*, 3, 400-424.
- Lyubomirsky, S., King, L. A., & Diener, E. (2005). The benefits of frequent positive affect: Does happiness lead to success? *Psychological Bulletin*, 131, 803-855.
- Reprinted in: F. Huppert & A. Linley (Eds.) (2010). *Happiness and well-being: Critical concepts in psychology*. New York: Routledge.
- Lyubomirsky, S., Sousa, L., & Dickerhoof, R. (2006). The costs and benefits of writing, talking, and thinking about life's triumphs and defeats. *Journal of Personality and Social Psychology*, 90, 692-708.
- Sheldon, K. M., & Lyubomirsky, S. (in press). The challenge of staying happier: Testing the Hedonic Adaptation Prevention (HAP) model. *Personality and Social Psychology Bulletin*.
- Lyubomirsky, S., Boehm, J. K., Kasri, F., & Zehm, K. (2011). The cognitive and hedonic costs of dwelling on achievement-related negative experiences: Implications for enduring happiness and unhappiness. *Emotion*, 11, 1152-1167.
- Parks, A., Della Porta, M., Pierce, R. S., Zilca, R. & Lyubomirsky, S. (in press). Pursuing happiness in everyday life: The characteristics and behaviors of online happiness seekers. *Emotion*.
- Chancellor, J., & Lyubomirsky, S. (2011). Happiness and thrift: When (spending) less is hedonically (more). *Journal of Consumer Psychology*, 21, 131-138.
- Lyubomirsky, S., & Boehm, J. K. (2010). Human motives, happiness, and the puzzle of parenthood: Commentary on Kenrick et al. (2010). *Perspectives on Psychological Science*, 5, 327-334.
- Lyubomirsky, S., Dickerhoof, R., Boehm, J. K., & Sheldon, K. M. (2011). Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being. *Emotion*, 11, 391-402.
- Boehm, J. K., Lyubomirsky, S., & Sheldon, K. M. (2011). A longitudinal experimental study comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans. *Cognition & Emotion*, 25, 1263-1272.

- Layous, K., Chancellor, J., **Lyubomirsky, S.**, Wang, L., & Doraiswamy, P. M. (2011). Delivering happiness: Translating positive psychology intervention research for treating major and minor depressive disorders. *Journal of Alternative and Complementary Medicine, 17*, 675-683.
- Huffman, J. C., Mastromauro, C. A., Boehm, J., Seabrook, R., Fricchione, G. L., Denninger, J. W., & **Lyubomirsky, S.** (2011). Development of a positive psychology intervention for patients with acute cardiovascular disease. *Heart International, 6*, 47-54.
- Frattaroli, J., Thomas, M., & **Lyubomirsky, S.** (2011). Opening up in the classroom: Effects of expressive writing on graduate school entrance exam performance. *Emotion, 11*, 691-696.
- Sin, N. L., & **Lyubomirsky, S.** (2009). Enhancing well-being and alleviating depressive symptoms with positive psychology interventions: A practice-friendly meta-analysis. *Journal of Clinical Psychology: In Session, 65*, 467-487.
- Reprinted in: F. Huppert & A. Linley (Eds.) (2010). *Happiness and well-being: Critical concepts in psychology*. New York: Routledge.
- Liberman, V., Boehm, J. K., **Lyubomirsky, S.**, & Ross, L. (2009). Happiness and memory: Affective significance of endowment and contrast. *Emotion, 9*, 666-680.
- Sheldon, K. M., Abad, N., Ferguson, Y., Gunz, A., Houser-Marko, L., Nichols, C. P., & **Lyubomirsky, S.** (2010). Persistent pursuit of need-satisfying goals leads to increased happiness: A 6-month experimental longitudinal study. *Motivation and Emotion, 34*, 39-48.
- Howell, R. T., Kern, M. L., & **Lyubomirsky, S.** (2007). Health benefits: Meta-analytically determining the impact of well-being on objective health outcomes. *Health Psychology Review, 1*, 83-136.
- Boehm, J. K., & **Lyubomirsky, S.** (2008). Does happiness lead to career success? *Journal of Career Assessment, 16*, 101-116.
- Sheldon, K. M., & **Lyubomirsky, S.** (2007). Is it possible to become happier? (And, if so, how?). *Social and Personality Psychology Compass, 1*, 129-145.
- Lyubomirsky, S.**, Kasri, F., Chang, O., & Chung, I. (2006). Ruminative response styles and delay of seeking diagnosis for breast cancer symptoms. *Journal of Social and Clinical Psychology, 25*, 276-304.
- Sheldon, K. M., & **Lyubomirsky, S.** (2006a). How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves. *The Journal of Positive Psychology, 1*, 73-82.
- Sheldon, K. M., & **Lyubomirsky, S.** (2006b). Achieving sustainable gains in happiness: Change your actions, not your circumstances. *Journal of Happiness Studies, 7*, 55-86.
- Lyubomirsky, S.**, Tkach, C., & DiMatteo, M. R. (2006). What are the differences between happiness and self-esteem? *Social Indicators Research, 78*, 363-404.
- Tucker, K. L., Ozer, D., & **Lyubomirsky, S.**, & Boehm, J. K. (2006). Testing for measurement invariance in the Satisfaction With Life Scale: A comparison of Russians and North Americans. *Social Indicators Research, 78*, 341-360.
- Tkach, C., & **Lyubomirsky, S.** (2006). How do people pursue happiness? Relating personality, happiness-increasing strategies, and well-being. *Journal of Happiness Studies, 7*, 183-225.

- Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005).** Pursuing happiness: The architecture of sustainable change. *Review of General Psychology, 9*, 111-131.
Reprinted in: D. C. Funder & D. J. Ozer (Eds.) (2009). *Pieces of the personality puzzle* (5th ed.) New York: W. W. Norton.
Reprinted in: F. Huppert & A. Linley (Eds.) (2010). *Happiness and well-being: Critical concepts in psychology*. New York: Routledge.
- Shimai, S., Otake, K., Utsuki, N., Ikemi, A., & **Lyubomirsky, S. (2004).** Development of a Japanese version of the Subjective Happiness Scale (SHS), and examination of its validity and reliability. *Japanese Journal of Public Health, 51*, 845-853.
- Lyubomirsky, S., Kasri, F., & Zehm, K. (2003).** Dysphoric rumination impairs concentration on academic tasks. *Cognitive Therapy and Research, 27*, 309-330.
- Ward, A. H., **Lyubomirsky, S., Sousa, L., & Nolen-Hoeksema, S. (2003).** Can't quite commit: Rumination and uncertainty. *Personality and Social Psychology Bulletin, 29*, 96-107.
- Abbe, A., Tkach, C., & **Lyubomirsky, S. (2003).** The art of living by dispositionally happy people. *Journal of Happiness Studies, 4*, 385-404.
- Schwartz, B., Ward, A. H., Monterosso, J., **Lyubomirsky, S., White, K., & Lehman, D. (2002).** Maximizing versus satisficing: Happiness is a matter of choice. *Journal of Personality and Social Psychology, 83*, 1178-1197.
Reprinted in: F. Huppert & A. Linley (Eds.) (2010). *Happiness and well-being: Critical concepts in psychology*. New York: Routledge.
- Lyubomirsky, S. (2001).** Why are some people happier than others?: The role of cognitive and motivational processes in well-being. *American Psychologist, 56*, 239-249.
Reprinted in: G. J. Boyle & D. H. Saklofske (Eds.) (2003). *Individual differences*. New York: Sage Publications.
Reprinted in: D. C. Funder & D. J. Ozer (Eds.) (2004). *Pieces of the personality puzzle* (3rd ed.) New York: W. W. Norton.
- Lyubomirsky, S., Tucker, K. L., & Kasri, F. (2001).** Responses to hedonically conflicting social comparisons: Comparing happy and unhappy people. *European Journal of Social Psychology, 31*, 511-535.
- Lyubomirsky, S., Casper, R. C., & Sousa, L. (2001).** What triggers abnormal eating in bulimic and non-bulimic women?: The role of dissociative experiences, negative affect, and psychopathology. *Psychology of Women Quarterly, 25*, 223-232.
- Casper, R. C., & **Lyubomirsky, S. (1997).** Individual psychopathology relative to reports of unwanted sexual experiences as predictor of a bulimic eating pattern. *International Journal of Eating Disorders, 21*, 229-236.
- Lyubomirsky, S., & Lepper, H. S. (1999).** A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research, 46*, 137-155.
- Lyubomirsky, S., & Ross, L. (1999).** Changes in attractiveness of elected, rejected, and precluded alternatives: A comparison of happy and unhappy individuals. *Journal of Personality and Social Psychology, 76*, 988-1007.
- Lyubomirsky, S., & Ross, L. (1997).** Hedonic consequences of social comparison: A contrast of happy and unhappy people. *Journal of Personality and Social Psychology, 73*, 1141-1157.

- Lyubomirsky, S., & Tucker, K. L.** (1998). Implications of individual differences in subjective happiness for perceiving, interpreting, and thinking about life events. *Motivation and Emotion, 22*, 155-186.
- Lyubomirsky, S., Tucker, K. L., Caldwell, N. D., & Berg, K.** (1999). Why ruminators are poor problem solvers: Clues from the phenomenology of dysphoric rumination. *Journal of Personality and Social Psychology, 77*, 1041-1060.
- Lyubomirsky, S., Caldwell, N. D., & Nolen-Hoeksema, S.** (1998). Effects of ruminative and distracting responses to depressed mood on the retrieval of autobiographical memories. *Journal of Personality and Social Psychology, 75*, 166-177.
- Reprinted in: D. C. Funder & D. J. Ozer (Eds.) (2001). *Pieces of the personality puzzle* (2nd ed.) New York: W. W. Norton.
- Lyubomirsky, S., & Nolen-Hoeksema, S.** (1995). Effects of self-focused rumination on negative thinking and interpersonal problem-solving. *Journal of Personality and Social Psychology, 69*, 176-190.
- Lyubomirsky, S., & Nolen-Hoeksema, S.** (1993). Self-perpetuating properties of dysphoric rumination. *Journal of Personality and Social Psychology, 65*, 339-349.

Book Chapters

- Lyubomirsky, S.** (2011). Hedonic adaptation to positive and negative experiences. In S. Folkman (Ed.), *The Oxford handbook of stress, health, and coping* (pp. 200-224). New York: Oxford University Press.
- Sin, N. L., Della Porta, M. D., & **Lyubomirsky, S.** (2011). Tailoring positive psychology interventions to treat depressed individuals. In S. I. Donaldson, M. Csikszentmihalyi, & J. Nakamura (Eds.), *Applied positive psychology: Improving everyday life, health, schools, work, and society* (pp. 79-96). New York: Routledge.
- Kurtz, J. L., & **Lyubomirsky, S.** (in press). Using mindful photography to increase positive emotion and appreciation. In J. J. Froh & A. Parks-Sheiner (Eds.), *Positive psychology in higher education: A practical workbook for the classroom*. Washington D.C.: American Psychological Association.
- Kurtz, J. L., & **Lyubomirsky, S.** (2011). Positive psychology. In M. R. Mehl & T. S. Conner (Eds.), *Handbook of research methods for studying daily life* (pp. 553-568). New York: The Guilford Press.
- Jacobs Bao, K., & **Lyubomirsky, S.** (in press). The rewards of happiness. In I. Boniwell & S. David (Eds.), *Oxford handbook of happiness*. Oxford: Oxford University Press.
- Sheldon, K. M., Boehm, J. K., & **Lyubomirsky, S.** (in press). Variety is the spice of happiness: The hedonic adaptation prevention (HAP) model. In I. Boniwell & S. David (Eds.), *Oxford handbook of happiness*. Oxford: Oxford University Press.
- Boehm, J. K., & **Lyubomirsky, S.** (2009). The promise of sustainable happiness. In S. J. Lopez (Ed.), *Oxford handbook of positive psychology* (2nd ed.; pp. 667-677). New York: Oxford University Press.
- Reprinted in Martin-Krumm & C. Tarquinio (Eds.) (2011). *Traité de psychologie positive* (pp. 165-181). Paris: De Boeck.
- Lyubomirsky, S., & Dickerhoof, R.** (2010). A construal approach to increasing happiness. In J. Tangney & J. E. Maddux (Eds.), *Social psychological foundations of clinical psychology* (pp. 229-244). New York: Guilford Press.

- Lyubomirsky, S., & Della Porta, M. D.** (2010). Boosting happiness, buttressing resilience: Results from cognitive and behavioral interventions. In J. W. Reich, A. J. Zautra, & J. Hall (Eds.), *Handbook of adult resilience: Concepts, methods, and applications* (pp. 450-464). New York: Guilford Press.
- Martin-Krumm, C., **Lyubomirsky, S.**, & Nelson, S. K. (in press). Psychologie positive et adaptation: Quelle contribution? [What is the contribution of research in positive psychology and hedonic adaptation?] In E. Spitz & C. Tarquinio (Eds.), *Psychologie de la santé, Théories de l'adaptation*. Bruxelles: De Boeck.
- Sin, N. L., Jacobs, K. M., & **Lyubomirsky, S.** (2011). House and happiness: A differential diagnosis. In L. L. Martin & T. Cascio (Eds.), *House and psychology* (pp. 77-94). New York: Wiley.
- Sheldon, K. M., & **Lyubomirsky, S.** (2009). Change your actions, not your circumstances: An experimental test of the Sustainable Happiness Model. In A. K. Dutt & B. Radcliff (Eds.), *Happiness, economics, and politics: Towards a multi-disciplinary approach* (pp. 324-342). Cheltenham, UK: Edward Elgar.
- Kurtz, J. L., & **Lyubomirsky, S.** (2008). Towards a durable happiness. In S. J. Lopez (Ed.), *Positive psychology: Exploring the best in people* (Vol. 4, pp. 21-36). Westport, CT: Greenwood Publishing Group.
- Lyubomirsky, S.** (2008). Foreword. In S. J. Lopez (Ed.), *Positive psychology: Exploring the best in people* (pp. ix-xi). Westport, CT: Greenwood Publishing Group.
- Lyubomirsky, S., & Sin, N. L.** (2009). Positive affectivity and interpersonal relationships. In H. Reis & S. Sprecher (Eds.), *Encyclopedia of human relationships* (pp. 1264-1266). Thousand Oaks, CA: Sage.
- Lyubomirsky, S., & Kurtz, J. L.** (2009). Happiness. In D. Sander & K. R. Scherer (Eds.), *Oxford companion to emotion and the affective sciences* (p. 203). Oxford: Oxford University Press.
- Lyubomirsky, S., & Dickerhoof, R.** (2005). Subjective well-being. In J. Worrell (Ed.), *Handbook of girls' and women's psychological health: Gender and well-being across the life span* (pp. 166-174). New York: Oxford University Press.
- Sheldon, K. M., & **Lyubomirsky, S.** (2004). Achieving sustainable new happiness: Prospects, practices, and prescriptions. In A. Linley, & S. Joseph (Eds.), *Positive psychology in practice* (pp. 127-145). Hoboken, NJ: John Wiley & Sons.
- Lyubomirsky, S., & Tkach, C.** (2004). The consequences of dysphoric rumination. In C. Papageorgiou & A. Wells (Eds.), *Rumination: Nature, theory, and treatment of negative thinking in depression* (pp. 21-41). Chichester, England: John Wiley & Sons.
- Sousa, L., & **Lyubomirsky, S.** (2001). Life satisfaction. In J. Worell (Ed.), *Encyclopedia of women and gender: Sex similarities and differences and the impact of society on gender* (Vol. 2, pp. 667-676). San Diego, CA: Academic Press.

Other Publications

- Lyubomirsky, S.** (2011, March 17). Holding on to happiness. [Review of the book *Flourish: A visionary new understanding of happiness and well-being*]. *Nature*, 471, 302-303.
- Lyubomirsky, S.** (2011, July 7). The Longevity Project. [Review of the book *The Longevity Project: Surprising discoveries for health and long life from the landmark eight-decade study*]. *Nature*, 475, 32.

Lyubomirsky, S., & Layous, K. (2010, November 10). [Review of the book *International Differences in Well-Being*]. *PsycCRITIQUES*, 55.

Lyubomirsky, S. (2006). [Review of the book *Happiness: Lessons from a new science*]. *British Journal of Sociology*, 57, 535-536.

Lyubomirsky, S., & Abbe, A. (2003). Positive psychology's legs. *Psychological Inquiry*, 14, 132-136.

Lyubomirsky, S. (2000). On studying positive emotions. *Prevention and Treatment*, 3, article 5.
Available on the World Wide Web: <http://journals.apa.org/prevention/volume3/pre0030005c.html>.

Lyubomirsky, S. (2011). The future of positive psychology. In R. Biswas-Diener. *Positive psychology as social change*. New York: Springer

Lyubomirsky, S. (2011). In S. Rowan (Ed.), *Brilliant Career Coach – How to find and follow your dream career*. Upper Saddle River, NJ: FT Press.

Chancellor, J., & **Lyubomirsky, S.** (in press). Sensing happiness: Applying technology to improve lives. *IEEE Spectrum Magazine*.

Popular Press/Op-Eds

Lyubomirsky, S. (2005, January 17). Eight steps toward a more satisfying life. *Time*, 165, A8-A9.

Lyubomirsky, S. (2006). Is it possible to become lastingly happier? Lessons from the modern science of well-being. In *Vancouver Dialogues* (pp. 53-56). Vancouver: Truffle Tree Publishing.

Lyubomirsky, S. (2008, January). Work may hold the key to your happiness. *Harvard Community Resource*, XVII, 3.

Lyubomirsky, S. (2008, July 5). Smiles give leadership cues. *Riverside Press-Enterprise*.

Lyubomirsky, S. (2008, December 27). Why we're still happy. *New York Times*, A25.

Lyubomirsky, S. (2008, December 27). Happy, despite it all: How a new outlook can help us cope – even thrive – in adversity. *Riverside Press-Enterprise*, E1, E4.

Lyubomirsky, S. (2008). Happiness. In G. Stone (Ed.), *The 12-step Bush recovery program* (pp. 118-120). New York: Villard.

Lyubomirsky, S., & Jacobs, K. M. (2010). Comment construire un bonheur durable. [How to build lasting happiness.] *Cerveau & Psycho: Le magazine de la psychologie et des neurosciences*, 37, 62-64.

Lyubomirsky, S. (2009, July 14). What if I'd never met my husband: New research reveals a better way to boost happiness than counting blessings--imagining that the good things never happened. *Scientific American Mind*.

Lyubomirsky, S. (2010, August 10). Can money buy happiness? New research reveals that reminders of wealth impair our capacity to savor life's little pleasures. *Scientific American Mind*.

Lyubomirsky, S. (2010, December). Become happier. *Personal Excellence*, 7.

Lyubomirsky, S. (2010). What about genetics? In L. Bormans (Ed.), *The world book of happiness* (pp. 64-65). Singapore: Page One.

UNDER REVIEW

- Nelson, S. K., English, T., Kushlev, K., Carstensen, L. L., Dunn, E. W., & **Lyubomirsky, S.** (2011). *In defense of parenthood: Children are associated with more joy than misery.*
- Layous, K., Nelson, S. K., & Lyubomirsky, S. (2011). *What is the optimal way to deliver a positive activity intervention? The case of writing about one's best possible selves.*
- Jacobs Bao, K., & **Lyubomirsky, S.** (2011). Making happiness last: Using the Hedonic Adaptation Model to extend the success of positive interventions. To appear in Parks, A. (Ed.), *The handbook of positive interventions*. New York: Wiley-Interscience.
- Nelson, S. K. & Lyubomirsky, S. (2012). Finding happiness: Tailoring positive activities for optimal well-being benefits. To appear in M. Tugade, M. Shiota, & L. Kirby (Eds.), *Handbook of positive emotions*. New York: Guilford.

GRANTS

Current Grants

- Approaching humility as a state: Measurement, antecedents, causes, and consequences. *John Templeton Foundation*. Amount of Award: \$299,986. Dates of Award: 9-01-11 to 8-31-14. PI: Lyubomirsky, S.
- Ripples of generosity: Triggers, social propagation, and outcomes. University of Notre Dame, *Science of Generosity competition*. Amount of Award: \$150,000. Dates of Award: 1-01-11 to 12-31-12. PI: Lyubomirsky, S.
- Well-being and “kaiteki” in the workplace: Investigating the role of natural environments and positive activities across cultures, family structures, and age groups. Mitsubishi Chemical Holdings Corporation, *The Kaiteki Institute*. Amount of Award: \$63,290 (Year 1; to be continued Years 2-3). Dates of Award: 1-01-11 to 12-31-13. PI: Lyubomirsky, S.
- How and why do positive activity interventions work to enhance happiness?: The role of variety, commitment, social support, and motivation. Seoul National University, *Center for Happiness Studies*. Amount of Award: \$20,000 (Year 1; increasing amounts Years 2-5). Dates of Award: 1-01-10 to 12-31-14. PI: Lyubomirsky, S.
- Effects of an experimental longitudinal intervention at a Japanese workplace on well-being, body motion, and face-to-face social interactions. Hitachi, Ltd., *Advanced Research Laboratory*. Amount of Award: \$18,800. Dates of Award: 1-1-11 to 12-31-11. PI: Lyubomirsky, S.

Previously Funded Grants

- Sustainable change in long-term positive affect. *ROI, National Institutes of Health*. Total Award: \$1,008,572. Dates of Award: 1-04 to 12-09. PI: Lyubomirsky, S. Co-PI: Sheldon, K. M.
- Science of happiness. *John Templeton Foundation and the American Psychological Association*, \$35,000, Award: Lyubomirsky, S.
- Ruminative responses to negative emotions. *B/START, National Institute of Mental Health*, \$25,000, PI: Lyubomirsky, S.

Effects of rumination on delay to seek help for breast cancer symptoms. *Cancer Research Coordinating Committee, University of California*, \$30,000, PI: Lyubomirsky, S.

OTHER WORKS IN PROGRESS

Chancellor, J., & Lyubomirsky, L. (2011). Money for happiness: The hedonic benefits of thrift and generosity. To appear in M. Tatzel (Ed.), *Consumer's dilemma: The search for well-being in the material world*. New York: Springer.

Layous, K., & Lyubomirsky, S. (2011). The how, what, when, and why of happiness: Mechanisms underlying the success of positive interventions. To appear in J. Gruber & J. Moskowitz (Eds.), *The light and dark side of positive emotions*. New York: Oxford University Press.

Nelson, S. K., Kurtz, J. L., & Lyubomirsky, S. (2012). What psychological science knows about achieving happiness. To appear in S. J. Lynn, W. O'Donohue, & S. Lilienfeld (Eds.), *Better, stronger, wiser: Psychological science and well-being*. New York: Sage.

PRESENTATIONS

Keynote Addresses

Lyubomirsky, S. (2012). The how, what, and why of happiness: The science of interventions to increase well-being. Keynote talk at the 18th Annual Utah State University Counseling and Psychological Services Conference.

Lyubomirsky, S. (2012). The how of workplace happiness: Positive interventions to increase, sustain, and multiply well-being in organizations. Keynote address at the Actively Happier Conference, Des Moines, IA.

Lyubomirsky, S. (2010). The how, what, when, and why of happiness: Mechanisms underlying the success of positive psychology interventions. Keynote address at the 5th Annual National Synergy Conference in Psychology, Denver, CO.

Lyubomirsky, S. (2010). The how of happiness: The science of interventions for increasing well-being. Keynote Presentation, Department of Surgery, Washington University School of Medicine, St. Louis, MO.

Lyubomirsky, S. (2010). The how of happiness. Keynote at the Nielsen 2010 Training Conference, San Diego, CA.

Lyubomirsky, S. (2009). The how of happiness: Is it possible to become happier and more resilient and, if yes, how? Keynote at the U.S. Army Recruiting Command's Annual Leaders' Training Conference, Tampa, FL.

Lyubomirsky, S. (2009). Be happy – bounce back: Building resilience for long-term happiness. Keynote for the Newcastle and Gateshead Children's Services, Northumbria University, Newcastle Upon Tyne, UNITED KINGDOM.

Lyubomirsky, S. (2009). Is it possible to become lastingly happier and, if so, how?. Keynote address given at the 4th International Conference on Happiness & Its Causes, Sydney, AUSTRALIA.

Lyubomirsky, S. (2009). The how (and why) of happiness: Boosting well-being through kindness, gratitude, and optimism. Keynote Address, MentorCoach Annual Conference, Sedona, AZ.

Lyubomirsky, S. (2008). In the pursuit of happiness: Are sustainable increases in emotional and physical well-being possible? Address given at the National Institute for the Clinical Application of Behavioral Medicine Conference, Hilton Head Island, SC.

Lyubomirsky, S. (2008). The how, what, when, and why of happiness. Address given at the VII Brazilian Congress of Quality of Life, Sao Paulo, BRAZIL.

Lyubomirsky, S. (2008). The how of happiness: Boosting well-being through kindness, gratitude, and optimism. Address given at the MediaCat Forum, Istanbul, TURKEY.

Lyubomirsky, S. (2008). In the pursuit of happiness: Are sustainable increases in emotional and physical well-being possible? 12th Annual Psychology Research Conference for Southern California Community Colleges, Irvine Valley College, Irvine, CA

Lyubomirsky, S. (2006). In the pursuit of happiness: Are sustainable increases in emotional and physical well-being possible? Address given at the Sixth Conference on Psychology and Health, Kerkrade, NETHERLANDS.

Invited Talks

The pursuit of happiness. Guest speaker at Parent Education Night, Mountain View, CA, February 8, 2012.

The how of happiness: The science of interventions to increase well-being. Invited presentation at the Grand Rounds Series, Department of Psychiatry & Behavioral Sciences, Stanford School of Medicine, May 31, 2012.

In the pursuit of happiness: Experimental inductions of kindness, gratitude, and optimism. Invited talk at the research colloquium, Life Span Development and Personality Masters Program, University of Zurich, Zurich, SWITZERLAND, November 16, 2010.

The how, what, and why of happiness: Experimentally boosting well-being through gratitude, optimism, and kindness. Invited talk at the 2010 ICF Annual International Conference, International Coach Federation, Fort Worth, TX, October 28, 2010.

The science of happiness. Invited talk at the convention of the Coca-Cola Happiness Institute, Madrid, SPAIN, October 19, 2010.

The how of happiness. Invited address, Elliot Sokoloff Conference Day, Jewish General Hospital, McGill University, Montreal, BC, CANADA, April 16, 2010.

The how of happiness: Science and practice. Invited address and workshop, 7th Annual Miriam O. Smith Educational Series, Jewish Family Service, Cincinnati, OH, Mar 7, 2010.

The how, what, when, and why of happiness. Invited speaker, Quality of Life Forum, Santa Monica Public Library, Santa Monica, CA, February 17, 2010.

The how of happiness: The promise of positive interventions to increase and sustain well-being. David Astle Memorial Lecture, Severn School, Severna Park, MD, November 10, 2009.

The how of happiness. “The Science of a Meaningful Life: Why To Be Good, How To Be Happy,” Featured Speaker at the Greater Good Seminar Series, Los Angeles, CA, September 10, 2009.

The architecture of sustainable happiness: Using positive psychology to create lasting happiness. Workshop given at the 4th International Conference on Happiness & Its Causes, Sydney, AUSTRALIA.

The how, what, when, and why of happiness: Mechanisms underlying the success of positive interventions. Seminar in Marketing, Fuqua School of Business, Duke University, Durham, NC, April 22, 2009.

The how of happiness: Mechanisms underlying the effectiveness of positive interventions. Department of Psychology, University of California, Los Angeles, CA, April 16, 2009

The how of happiness: Mechanisms underlying the success of well-being interventions. Department of Psychology and Social Behavior, University of California, Irvine, CA, April 13, 2009

The how, what, and why of happiness: Mechanisms underlying the success of well-being interventions. Department of Psychology, San Diego State University, San Diego, CA, April 6, 2009.

The how, what, when, and why of happiness. Mind and Supermind: Expanding the Limits of Consciousness, Santa Barbara Community College, Santa Barbara, CA, March 9, 2009.

The how, what, when, and why of happiness. 2008 Positive Psychology Leaders Series (by phone), International Positive Psychology Association, Santa Monica, CA, December 10, 2008.

The how of happiness. SMC Associates, Santa Monica College, Santa Monica, CA, November 14, 2008.

The how, what, when, and why of happiness. Workshop given at the MediaCat Forum, Istanbul, TURKEY. November 7, 2008

What is happiness good for? Beyond Belief Conference, Candles in the Dark, The Salk Institute, La Jolla, CA, October 4, 2008.

What is happiness good for? SNAP! Conference, The Boulder Theater, Boulder, CO, September 24, 2008.

The how of happiness: Is it possible to become lastingly happier and, if yes, how? Aquarium of the Pacific, Long Beach, CA, July 15, 2008.

The how, what, when, and why of happiness. Compak Asset Management, Irvine, CA, July 13, 2008

The how, what, when, and why of happiness. Unilever Mood Workshop, Consumer Perception & Behaviour, Rotterdam, THE NETHERLANDS, June 10, 2008

The how of happiness. Affiliates of UC Riverside Lunch Meeting, University of California, Riverside, May 5, 2008.

The how of happiness: Is it possible to become lastingly happier and, if yes, how? Authors Series, The Mirman School, Los Angeles, CA, March 13, 2008.

The how of happiness: Experimental inductions of gratitude, kindness, and optimism. Invited talk at the Stauffer Colloquium Series, Claremont Graduate University, Claremont, CA, March 4, 2008.

The how of happiness: Is it possible to become lastingly happier and, if yes, how? Google Headquarters, Santa Monica, CA, February 26, 2008.

The how of happiness: Is it possible to become lastingly happier and, if yes, how? The Help Group, Regency Club, Los Angeles, CA, February 13, 2008.

In search of abiding happiness: Experimentally inducing gratitude, optimism, and kindness. Invited talk at the Social Psychology Colloquium Series, Department of Psychology, University of North Carolina, Chapel Hill, September 26, 2007.

Why be happy and how can it be done? An overview. Masters Program in Positive Psychology, Positive Psychology Center, University of Pennsylvania, Philadelphia, September 7, 2007.

How to become lastingly happier: Boosting well-being through gratitude, kindness, and optimism. Invited talk at the First Annual Snuggle Senses Summit, Airth Castle, Scotland, United Kingdom, June 19, 2007.

The promise of abiding happiness: Experimental inductions of gratitude, kindness, and optimism. Invited talk at the Workshop Speaker Series, Center for Decision Research, Graduate School of Business, The University of Chicago, April 23, 2007.

In search of abiding happiness: Experimental inductions of gratitude, kindness, and optimism. Invited talk at the Social Psychology Brown Bag Series, Department of Psychology, University of Southern California, Los Angeles, April 16, 2007.

The pursuit of happiness. Educational Week-End: "What is the good life?", Temple Isaiah, West Los Angeles, CA, Dec 1, 2006.

Is it possible to become lastingly happier? Answers from the science of well-being. Invited talk and dialogue with the Dalai Lama at the UBC Institute of Mental Health, Orpheum Theatre, Vancouver, Canada, September 9, 2006.

The promise of abiding happiness: Experimental inductions of gratitude, kindness, and optimism. Invited talk at the Social Area Workshop, Department of Psychology, University of British Columbia, Vancouver, Canada, September 8, 2006.

Happiness intervention research. Masters Program in Positive Psychology, Positive Psychology Center, University of Pennsylvania, Philadelphia, September 12, 2005.

In the pursuit of happiness: Are sustainable increases in well-being possible?. Social Psychology Colloquium Series, Department of Psychology, University of California, Los Angeles, April 4, 2005.

The pursuit of happiness. Citizens University Committee Breakfast Meeting, University of California, Riverside, March 16, 2005.

The pursuit of happiness: Are sustainable increases in well-being possible? Staff Training in Extramural Programs Forum, National Institute of Health, Bethesda, MD. May 6, 2004.

Pursuing happiness: The architecture of sustainable change. Department of Psychology Seminar Talk, University of Pennsylvania, Philadelphia, April 13, 2004.

Toward a science of happiness: Exploring the causes, consequences, and pursuit of well-being. Department of Psychology Colloquium, University of Pennsylvania, Philadelphia, April 12, 2004.

The pursuit of happiness, Public Lecture, University of Oklahoma, Norman, OK. April 1, 2004.

Are sustainable increases in happiness possible? 2003 Positive Psychology Summer Institute, Montchanin, DE. August 3, 2003.

- The mechanisms of sustainable increases in well-being: Recent theory and research.* Annenberg Conference, University of Pennsylvania, Philadelphia, PA. May 27, 2003.
- Happiness: Causes, benefits, and sustainability.* Office of Development, University of California, Riverside, CA. October 24, 2002.
- Sustainable change in happiness.* Social Psychology Seminar, Department of Psychology, University of California, Los Angeles, October 22, 2002.
- A science of happiness.* Templeton/APA Positive Psychology Prize Symposium, University of Pennsylvania, Philadelphia, PA. May 23, 2002.
- In the pursuit of happiness: The architecture of sustainable change.* Southern California Positive Psychology Conference, Peter F. Drucker School of Management, Claremont Graduate University, Claremont, CA. April 5, 2002.
- A science of happiness.* Templeton Selection Day, University of Pennsylvania, Philadelphia, PA. February 16, 2002.
- The hedonic costs of self-reflection: Comparing happy and unhappy people.* Department of Psychology and Social Behavior, University of California, Irvine, March 12, 2001.
- The pursuit of happiness across cultures: Comparing the U.S. and Russia.* Social Psychology Brown Bag, Department of Psychology, University of California, Los Angeles, June 1, 2000.
- Social comparison processes among happy and unhappy people: The hedonic casualties of self-reflection.* Department of Psychology, University of Illinois, Urbana-Champaign, December 17, 1998.
- Post-decisional rationalization and social comparison.* Behavioral Decision Sciences Workshop, Johnson Graduate School of Management, Cornell University, October 20, 1998.
- Balancing hedonically-conflicting feedback: A contrast between happy and unhappy people.* Social Psychology Seminar, Department of Psychology, University of California, Los Angeles, June 9, 1998.
- Affective and cognitive responses to social comparison information.* General Psychology Colloquium, Department of Psychology, San Diego State University, March 2, 1998.
- Rationalization and social comparison: Hedonically-relevant processes in subjective happiness.* Social Psychology Colloquium, Department of Psychology, University of California, Santa Barbara, January 30, 1998.
- Effects of ruminative response styles on delay to seek help for breast cancer symptoms.* Social Psychology Seminar, Department of Psychology, University of California, Los Angeles, January 23, 1998.
- The role of cognitive and judgmental processes in social comparison and rationalization: Comparing happy and unhappy individuals.* Social/Personality Psychology Colloquium, Department of Psychology, California State University, Fullerton, December 4, 1997.
- Why ruminators are poor problem solvers: Clues from the phenomenology of dysphoric rumination.* Social Psychology Seminar, Department of Psychology, University of California, Los Angeles, April 15, 1997.

Hedonically relevant processes in subjective happiness. IPSR Colloquium Series, Institute for Personality and Social Research, University of California, Berkeley, April 9, 1997.

Social comparison across cultures. Social Judgment Colloquium, School of Management, University of Chicago, November 13, 1996.

Effects of meritocratic vs. non-meritocratic cultural reward systems on the meaning, experience, and expression of enduring emotion. Social Psychology Seminar, Department of Psychology, University of California, Los Angeles, October 4, 1996.

Reakzii k depressii (Responses to depression) (in Russian). Psychophysiology Seminar, Faculty of Psychology, Moscow State University, Moscow, Russia, September 4, 1996.

Hedonic consequences of choice and social comparison: A contrast between “happy” and “unhappy” people. Social Psychology Colloquium Series, Department of Psychology, University of Texas, Austin, February 23, 1996.

Effects of self-reflection on responses to choices: Comparing ‘happy’ and ‘unhappy’ people. Social Psychology Seminar, Department of Psychology, University of California, Los Angeles, November 14, 1995.

Cultural influences on happiness and suffering. Cultural Psychology Group, Department of Psychology, Stanford University, September 8, 1995.

Why do depressed people ruminate? Social Psychology Seminar, Department of Psychology, University of California, Los Angeles, June 5, 1995.

The role of cognitive and judgmental processes in subjective happiness. Social Psychology Brown Bag, Department of Psychology, University of California, Los Angeles, May 4, 1995.

Just desserts or just dessert: Interpretations of choices by happy and unhappy people. Institute for Social Research, University of Michigan, November 4, 1994.

Invited Conference Presentations

Lyubomirsky, S. (2010). The promise of positive interventions to increase and sustain well-being in the workplace. Invited address at the 45th International Congress of AEDIPE, Management and Development Spanish Association, La Coruña, SPAIN.

Lyubomirsky, S. (2010). The how, what, when, and why of happiness. Paper presented as Psi Chi Distinguished Speaker, Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

Lyubomirsky, S. (2010). The science of interventions for increasing well-being. Paper presented at the American Association for the Advancement of Science 2010 Annual Meeting, San Diego, CA. (Symposium titled “The Science of Well-Being and Implications for Societal Quality of Life.”)

Lyubomirsky, S. (2010). A critical barrier to happiness?: Hedonic adaptation to positive experience. Paper presented at the Judgment and Decision Making Preconference of the Annual Meeting of the Society of Personality and Social Psychology, Las Vegas, NE.

Lyubomirsky, S. (2009). The how, what, when, and why of happiness: Exploring positive interventions to increase, sustain, and multiply well-being. Invited talk at the Social Networks Conference, Orange Institute, San Francisco, CA.

- Lyubomirsky, S. (2009). The how of happiness: The promise of positive interventions to increase and sustain well-being. Invited talk at the Plenary Conference, II International Congress of Emotional Intelligence, Santander, SPAIN.
- Lyubomirsky, S. (2009). The how, what, when, and why of happiness: Mechanisms underlying the success of positive interventions. Paper presented at the Annual Meeting of the International Positive Psychology Association, Philadelphia, PA. (Symposium titled "Positive Interventions: Theory, Research, and Practice.")
- Lyubomirsky, S. (2009). The promise of interventions for promoting well-being. Paper presented at the NIA Workshop on "Advancing Integrative Psychological Research on Adaptive and Healthy Aging." Institute of Personality and Social Research, University of California, Berkeley, CA.
- Lyubomirsky, S. (2008). Gratitude as a contributor to optimal functioning. Paper presented at the Annual Meeting of the Society of Experimental Social Psychology, Sacramento, CA. (Symposium titled "Contributors and Consequences of Optimal Functioning.")
- Lyubomirsky, S. (2008). The how of happiness: Can we become lastingly happier? Invited address at the Annual Convention of the American Psychological Association, Boston, MA.
- Lyubomirsky, S. (2008). The how, what, when, and why of mental health: Is it possible to become lastingly happier and, if yes, how? Invited talk at the Global Leadership Academy Conference on The New Science of Happiness and Well-Being, Singapore.
- Lyubomirsky, S. (2008). The science of happiness. Paper presented at the 88th Meeting of the Western Psychological Association, Irvine, CA. (Symposium titled "Exploring Positive Psychology.")
- Lyubomirsky, S. (2008). The how of happiness: Boosting well-being through kindness, gratitude, and optimism. Annual luncheon talk given at the annual convention of the California Psychological Association, Anaheim, CA.
- Lyubomirsky, S. (2007). Surmounting a critical barrier to happiness: Hedonic adaptation to positive experience. Paper presented at the Affective Forecasting and Hedonic Adaptation Conference, Harvard University, Cambridge, Massachusetts.
- Lyubomirsky, S. (2007). Experimentally boosting well-being through kindness, gratitude, and optimism. Paper presented at the 19th Annual Convention of the Association for Psychological Science, Washington D.C. (Symposium titled "Enduring Sources of Positive Emotion: Beyond Boredom and Adaptation.")
- Lyubomirsky, S. (2007). Writing, talking, and thinking about life's most wondrous moments and worst hours: Benefits for physical health and well-being. Paper presented at the Annual Meeting of the Society of Personality and Social Psychology, Memphis, TN. (Symposium titled "The Many Ways We 'Broaden-and-Build': Processing Responses to Negative and Positive Events and Multiple Pathways to Emotional Well-Being.")
- Lyubomirsky, S. (2006). Is happiness a strength, or does it just *feel* good?: A meta-analysis of the benefits of frequent positive affect. Paper presented at the Fifth International Positive Psychology Summit, Gallup Foundation, Washington D. C.
- Lyubomirsky, S. (2006). From the Stanford basement to the *Jane Pauley Show*: Some self-focused thoughts about my mentor and friend. Paper presented at the Annual Convention of the American Psychological Association, New Orleans, LA.

- Lyubomirsky, S. (2006). Is it possible to become lastingly happier?: Experimental inductions of gratitude, kindness, and optimism. Paper presented at the Annual Convention of the American Psychological Association, New Orleans, LA.
- Lyubomirsky, S. (2006). In the pursuit of happiness: Experimental interventions to increase well-being. Paper presented at the 86th Meeting of the Western Psychological Association, Palm Springs, CA.
- Lyubomirsky, S. (2006). A meta-analysis of the benefits of happiness. Paper presented at the Emotion Preconference of the Annual Meeting of the Society of Personality and Social Psychology, Palm Springs, CA. (Symposium titled "Emotion and Well-Being.")
- Lyubomirsky, S. (2005). Experimental interventions to increase well-being: Pursuing happiness through gratitude, kindness, optimism, and reflection. Paper presented at the Fourth International Positive Psychology Summit, Gallup Foundation, Washington D. C.
- Lyubomirsky, S. (2004). Is happiness a strength? The benefits of frequent positive affect. Paper presented at the Annual Meeting of the Society of Personality and Social Psychology, Austin, TX. (Symposium titled "The Functional Significance of Positive Emotion.")
- Lyubomirsky, S. (2003). The mechanisms of sustainable increases in happiness. Paper presented at the Second International Positive Psychology Summit, Gallup Foundation, Washington D. C.
- Lyubomirsky, S. (2003). Cognitive processes in happiness: Comparing the self-perceptions of happy and unhappy individuals. Paper invited at the Annual Meeting of the Society of Personality and Social Psychology, Los Angeles, CA. (International Society on Self and Identity pre-conference titled "Affect and Self-Regulation.")
- Lyubomirsky, S. (2001). The hedonic costs of self-reflection: Comparing happy and unhappy people. Paper presented at the Annual Meeting of the Society of Personality and Social Psychology, San Antonio, Texas. (Symposium titled "Emotion Regulation in Everyday Life.")
- Lyubomirsky, S. (2000). In the pursuit of happiness: Comparing the U.S. and Russia. Paper presented at the Annual Meeting of the Society of Experimental Social Psychology, Atlanta, Georgia. (Symposium titled "Happiness, Hope, Optimism and Maturity: Social Psychological Approaches to Human Strengths.")
- Lyubomirsky, S. (2000). The correlates of long-term positive emotions. Positive Experience Network Meeting, Indian Wells, CA.
- Lyubomirsky, S. (2000). Is happiness learnable? Second Positive Psychology Meeting, Akumal, Mexico.
- Lyubomirsky, S. (1999). Effects of self-reflection on happiness and wisdom: Can the days that make us happy make us wise? Experience, Person, Collective Meeting, Swarthmore, PA.
- Lyubomirsky, S. (1999). The antagonism between happiness and rationality: The costs of self-reflection. First Positive Psychology Meeting, Akumal, Mexico.
- Lyubomirsky, S. (1998). Affective and cognitive responses to social comparison information: Hedonic casualties of self-reflection. Paper presented at the Annual Meeting of the Society of Experimental Social Psychology, Lexington, KY. (International Society on Self and Identify pre-conference titled "Social Comparison and the Self.")
- Lyubomirsky, S. (1997). The phenomenology of dysphoric rumination and its consequences for problem solving. Paper presented at the Annual Meeting of the International Society for Traumatic Stress

Studies, Montreal, Canada. (Symposium titled “Emotion, Rumination, Disclosure, and Social Sharing: What We Can Learn From Cognitive and Experimental Social Psychology.”)

Conference Presentations

- Haworth, C. M. A., Palmer, C., Layous, K., Nelson, S. K., Jacobs Bao, K., Lyubomirsky, & S. Plomin, R. (2012). The Twins Wellbeing Intervention Study (TWIST): A genetically sensitive online intervention. Paper to be presented at the European Association for Behavioural and Cognitive Therapies, Geneva, SWITZERLAND.
- Layous, K., Nelson, S. K., Jacobs Bao, K., Plomin, R., Haworth, C. M. A., & Lyubomirsky, S. (2012). Are parents more accurate at gauging the happiness of their sons or daughters? Paper presented at the Emotion Preconference of the the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Chancellor, J., & Lyubomirsky, S. (2012). The effects of a positive activity on well-being, behavioral rhythm, and social interactions at a Japanese workplace. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Layous, K., & Lyubomirsky, S. (2012). The role of participant effort in a positive activity intervention. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Nelson, S. K., Layous, K., Oberle, E., Lyubomirsky, S., & Schonert-Reichl, K. A. (2012). An acts of kindness intervention with school-age children. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Jacobs Bao, K., & Lyubomirsky, S. (2012). Well-being and aspirations: When are high aspirations harmful? Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Nelson, S. K., & Lyubomirsky, S. (2011). The joys of parenthood: The (surprising) relationship between parenthood and well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Layous, K., Nelson, S. K., & Lyubomirsky, S. (2011). The role of peer testimonial information in a “best possible selves” intervention. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Jacobs, K. M., & Lyubomirsky, S. (2011). The course of well-being in romantic relationships. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Huffman, J., Mastromauro, C., Boehm, J., Benson, H., Fricchione, G., & Lyubomirsky, S. (2010). Randomized trial of psychological interventions to improve outcomes in hospitalized cardiac patients. Paper presented at the 57th Annual Meeting of the Academy of Psychosomatic Medicine, Marco Island, FL.
- Sin, N. L., Lyubomirsky, S., & DiMatteo, M. R. (2010). Physician well-being, patient well-being, and communication in the medical interaction. Paper presented at the EACH 2010 International Conference on Communication in Healthcare, Verona, ITALY.
- Jacobs, K. M., Boehm, J. K., & Lyubomirsky, S. (2010). Getting used to the good things in life: Hedonic adaptation to positive life events. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

- Lyubomirsky, S. (2009). The role of person-activity fit in positive interventions. Paper presented at the First Annual Meeting of the International Positive Psychology Association, Philadelphia, PA. (Workshop titled "Positive Interventions: Theory, Research, and Practice.")
- Della Porta, M. D., Sin, N. L., & Lyubomirsky, S. (2009). Searching for the placebo effect in happiness-enhancing interventions: An experimental longitudinal study with depressed participants. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Tampa, FL.
- Boehm, J. K., & Lyubomirsky, S. (2009). Cultural differences in the pursuit of happiness: A longitudinal experiment comparing community-dwelling Anglo Americans and Asian Americans. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Tampa, FL.
- Lyubomirsky, S. (2007). Hedonic adaptation as a barrier to happiness. Paper presented at the Annual Meeting of the Society of Experimental Social Psychology, Chicago, IL.
- LaPlante, A., Dickerhoof, R., Boehm, J. K., & Lyubomirsky, S. (2007). Endowing vs. contrasting life experiences: The effect of thought perspectives on well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Dickerhoof, R., Boehm, J. K., & Lyubomirsky, S. (2007). The role of motivation in the pursuit of happiness. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Boehm, J. K., Dickerhoof, R., & Lyubomirsky, S. (2006). Endowing vs. contrasting life events: The relation between thought processes and well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Tkach, C., Schueller, S., Lyubomirsky, S., & Yelverton, J. (2005). Unlocking the treasury of human kindness: Improvements in mood, happiness, and social networks. Paper presented at the 85th Meeting of the Western Psychological Association, Portland, OR.
- Dickerhoof, R., & Lyubomirsky, S. (2004). Processing positive vs. negative life experiences: Does method matter? Paper presented at the Annual Convention of the American Psychological Association, Honolulu, HI.
- Tkach, C. & Lyubomirsky, S. (2004). What are the differences between happiness and self-esteem? Paper presented at the Annual Convention of the American Psychological Association, Honolulu, HI.
- Dickerhoof, R., & Lyubomirsky, S. (2004). The effects of processing positive events on health and well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
- Tkach, C., Yelverton, J., & Lyubomirsky, S. (2002). Happiness strategies: A survey of what people do to maintain or increase happiness. Paper presented at the 14th Annual Convention of the American Psychological Society, New Orleans, LA.
- Chang, O. & Lyubomirsky, S. (2000). Effects of rumination on delay of health care seeking for potential breast cancer symptoms. Paper presented at the 80th Meeting of the Western Psychological Association, Portland, OR.
- Zehm, K. & Lyubomirsky, S. (1999). Hedonic consequences of negative feedback: An examination of cognitive interference in happy and unhappy individuals. Paper presented at the 79th Meeting of the Western Psychological Association, Irvine, CA.

- Lyubomirsky, S. (1997). The meaning and expression of happiness: Comparing the United States and Russia. Paper presented at the Ninth Annual Conference of the American Psychological Society, Washington D.C. (Symposium titled "Cultural Influences on Happiness and Well-Being.")
- Caldwell, N., & Lyubomirsky, S. (1997). The phenomenology of dysphoric rumination. Paper presented at the 77th Meeting of the Western Psychological Association, Seattle, WA.
- Olson-Tinker, H., & Lyubomirsky, S. (1997). The effects of ruminative style on reading comprehension. Paper presented at the 77th Meeting of the Western Psychological Association, Seattle, WA.
- Caldwell, N., & Lyubomirsky, S. (1996). What do people actually do when they ruminate? Paper presented at the 76th Meeting of the Western Psychological Association, San Jose, CA.
- Lyubomirsky, S. (1994). Hedonic consequences of social comparison. Paper presented at the 74th Meeting of the Western Psychological Association, Kona, HI.
- Lyubomirsky, S. (1993). Post-decisional shifts in evaluations of colleges by happy and unhappy people. Paper presented at the 73rd Meeting of the Western Psychological Association/Rocky Mountain Psychological Association, Phoenix, AZ.
- Lyubomirsky, S., & Nolen-Hoeksema, S. (1992). "I know it'll cheer me up, but...": Barriers to distraction among depressed ruminators. Paper presented at the sixth annual Stanford-Berkeley Symposium on Personality, Social, and Clinical Psychology, Stanford, California.
- Lyubomirsky, S., & Ross, L. (1992). Shifts in dessert preferences: Comparing happy and unhappy people. Paper presented at the Fourth Annual Conference of the American Psychological Society, San Diego, California.
- Lyubomirsky, S. (1991). The hedonics of thinking about events: A subjectivist approach to happiness. Paper presented at the fifth annual Stanford-Berkeley Symposium on Personality, Social, and Clinical Psychology, Berkeley, California.

PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA), 1989-present
Association for Psychological Science (APS), 1989-present
Society for Personality and Social Psychology (SPSP), 1992-present
International Positive Psychology Association (IPPA), 2007-present
Division of Positive Health Psychology, IPPA, 2008-present
Society of Experimental Social Psychology (SESP), elected member, 2009-present

MEDIA/BLOGS/TELESEMINARS/PUBLIC APPEARANCES

Blogger, *Psychology Today*, "How of Happiness," blogs.psychologytoday.com/blog/the-how-happiness

Lecturer, Positive Psychology Training Program, Positive Living, 2008-2009

MentorCoach Positive Psychology Master Class, 2008-2009

Masters of Positive Psychology Quarterly Speaker (teleseminar), February 26, 2008

Panelist, Los Angeles Times Festival of Books, University of California, Los Angeles, CA, April 26, 2008. (Panel titled "Smile: Is Happiness Overrated?")

Coaching Toward Happiness (teleseminar), June 20, 2008

National Institute for the Clinical Application of Behavioral Medicine (teleseminar), July 9, 2008

Learn From My Life (teleconference), August 25, 2008

The Entrepreneurial MD (teleconference), October 15, 2008

Coaching Division, Anthony Robbins Companies (teleconference), November 10, 2008

Executive Coaching for Women (teleconference), December 5, 2008

Positive Psychology Leaders Series, International Positive Psychology Association (teleseminar),
December 10, 2008

Book Readings & Signings:

Boulder Bookstore, Boulder, CO, January 21, 2008

Book Passage, Corte Madera, CA, January 24, 2008

Cody's on Fourth, Berkeley, CA, January 25, 2008

Barnes & Noble, Santa Monica, CA, February 5, 2008

Sample significant national/international media coverage (2008-present only):

Print:

New York Times

Scientific American

The Guardian (UK)

Sydney Morning Herald

San Francisco Chronicle

Wall Street Journal

Newsweek

U.S. News & World Report

Chicago Tribune

Forbes

USA Today

The Boston Globe

New Scientist

NRC Handelsblad (Netherlands)

Los Angeles Times

Television:

Good Morning America

Today Show

20/20

ABC News Now

The Big Idea with Donny Deutsch (CNBC-TV)

Dr. Oz (Fox-TV)

ABC News Now

Al Jazeera

KTLA Morning News

Fox News

KCBS-TV

KCAL-TV

Radio:

National Public Radio

Sirius Satellite Radio

CBC Radio

Strand Media Group (150 stations)

CBS Radio

American Urban Radio Network

Radio Free Europe

KPCC Public Radio

KQED Public Radio

PROFESSIONAL EXPERIENCE AND SERVICE

Speaker, Dean's Advisory Council, College of Humanities, Arts, and Social Sciences, University of California, Riverside, October 24, 2011

Member, Media Achievement Award and Media Prize Panel, Society for Personality and Social Psychology (SPSP), 2011

Member, Fellows Committee, Society for Personality and Social Psychology (SPSP), 2011-2014

Contributing Editor, *Los Angeles Review of Books*, 2010-present

Speaker, Discover Days, College of Humanities, Arts, and Social Sciences, University of California, Riverside, April 4, 2008

Member, Editorial Board, *The Journal of Positive Psychology*, 2009-present

Associate Editor, *The Journal of Positive Psychology*, 2005-2009

Graduate Advisor, Department of Psychology, University of California, Riverside, 2005-present

Member, Task Force on Future Conferences, Society for Personality and Social Psychology (SPSP), 2007

Member, International Advisory Board (IAB), 2nd Australian Positive Psychology and Well-Being Conference, Monash University, Melbourne, AUSTRALIA, 2009-present

Member, International Advisory Board, Global Chinese Positive Psychology Association, 2010-present

Member, Advisory Board, Center for Happiness Studies, Seoul National University, 2010-present

Member, Product Advisory Board, Energy Inside, Cambridge, MA, 2009-present

Member, Scientific Advisory Board, Hapacus, Milwaukee, Wisconsin, 2011-present

Member, Scientific Advisory Board, bLife, Pleasantville, NY, 2008-present

Discussant and Chair, SESP Symposium, "Promoting Versus Thwarting Hedonic Adaptation: Examining Barriers to Sustained Well-Being," Chicago, IL, October 12, 2007

Member, Graduate Education Committee, Department of Psychology, University of California, Riverside, 2009-present

Member, Health and Well-Being Search Committee, Department of Psychology, University of California, Riverside, 2007-2008

External Advisor, Masters Program in Positive Psychology, University of Pennsylvania, Philadelphia, PA, 2007-2008

Consultant, State of Florida Department of Citrus, 2011

Consultant, HopeLab, Redwood City, CA, May 20, 2009

Consultant, Live Life Well, Mental Health America, New York, NY, 2008

Consultant, *Guide to Upliftment*, Salt Communications, London, UK, 2007

- Consultant, Research & Development, Unilever Headquarters, Rotterdam, Netherlands, 2008
- Advisor, Military Community & Family Policy, Department of Defense, Pentagon, Arlington, VA, 2008-2009
- Consultant, Life Potential, VentureMCS, Boston, MA, 2008-2009
- Advisor, WGBH-TV, Positive Pursuit—The Science of Well-Being Multi-Media Initiative, Boston, MA, 2008-2009
- Chair, Poster Award Committee, International Positive Psychology Summit, 2005, 2006
- Chair, Psychopathology Search Committee, Department of Psychology, University of California, Riverside, 2005-2006
- Co-Organizer, 5th Annual International Positive Psychology Summit, 2005 Convention
- Expert Consultant, Well-Being Group (Daniel Kahneman, P. I.), National Institute of Aging (sponsor).
- Member, International Advisory Board, Centre for Applied Positive Psychology, University of Warwick, UK, 2006-present
- Member, Editorial Board, *Journal of Happiness Studies: An Interdisciplinary Periodical on Subjective Well-Being*, 1999-present
- Expert Consultant and On-Air Interviewer, *The Pursuit of Happiness*, feature documentary, Canadian Television (CTV) and Spinfree Productions.
- Director, Undergraduate Honors Program, Department of Psychology, University of California, Riverside, 1999-2004
- Member, Poster Award Committee, International Positive Psychology Summit, 2004
- Member, Award Selection Committee, Senior Investigator Positive Psychology Award, 2002, 2003
- Co-Faculty Advisor, Psi Chi Honor Society, University of California, Riverside chapter, 2004-2005
- Master lecturer, Authentic Happiness Coaching Course, Martin Seligman (Instructor), 2004
- Member, Subject Pool Committee, Department of Psychology, 2004-present
- Consultant, New Economics Foundations, London, UK, 2004-present
- Member, Ad Hoc Curriculum Advisory Committee, College of Humanities, Arts, and Social Sciences, University of California, Riverside, 2003-2004
- Faculty Mentor, Women's Faculty Association, College of Humanities, Arts, and Social Sciences, University of California, Riverside, 2001-present
- Member, Law and Society Committee, College of Arts, Humanities, and Social Sciences, University of California, Riverside, 1998-present
- Member, Steering Committee, Washington Center Program, University of California, Riverside, 1999-present

UCR Campus Representative, Psychology Student Research Fair, California State University, San Marcos, 1999-present

Member, B.S. Degree Committee, Department of Psychology, University of California, Riverside, 2003-2004

Member, Personality Search Committee, Department of Psychology, University of California, Riverside, 2002-2003

Member, Charges Committee, Academic Senate, Riverside Division, University of California, Riverside, 1997-1998

Organizer of Social/Personality Brownbag Series, Department of Psychology, University of California, Riverside, 1994-2003

Member, Colloquium Committee, Department of Psychology, University of California, Riverside, 1998-1999

Member and Affirmative Action Monitor, Social/Personality Search Committee, Department of Psychology, University of California, Riverside, 1997-1998

Listmaster, Positive Psychology Listserve, American Psychological Association, 1999-2002

Organizer and Chair, APA Symposium, "Applied Issues in Mental Control," San Francisco, August 16, 1998

Organizer and Co-Chair, APS Symposium, "Mechanisms of Cultural Influence: Understanding Cultural Differences in Emotion, Morality, and Violence," Washington D.C., May 23, 1998

Organizer and Chair, APS Symposium, "Cultural Perspectives on Happiness and Well-Being," Washington D.C., May 26, 1997

Ad Hoc Reviewer, *Psychological Bulletin*, *Journal of Personality and Social Psychology*, *Personality and Social Psychology Bulletin*, *Psychological Science*, *Health Psychology*, *Journal of Research in Personality*, *Motivation and Emotion*, *Cognition and Emotion*, *Personality and Individual Differences*, *Memory and Cognition*, *Cognitive Therapy and Research*, *Journal of Family Psychology*, *Journal of Clinical and Social Psychology*, *Journal of Nonverbal Behavior*, *Journal of Happiness Studies*, *British Journal of Clinical Psychology*, *Journal of Applied Social Psychology*, *Current Directions in Psychological Science*, *Perspectives on Psychological Science*, *Journal of Experimental Social Psychology*, *Social Cognition*, *Science*, *Social Psychological and Personality Science*

Statistical Consultant for the Undergraduate Honors Program, Stanford University, 1992-1993, 1993-1994 (paid position)

Statistical Consultant for First-Year Doctoral Students, Department of Psychology, Stanford University, 1992-1993, 1993-1994 (paid position)

Consulting Reviewer, Program Review Committee, Western Psychological Association/Rocky Mountain Psychological Association, 1993 Convention

TEACHING EXPERIENCE

Undergraduate

Introduction to Psychology
Social Psychology
Applications of Social Psychology
Psychology of Emotions
Psychology of Happiness and Virtue
Positive Psychology
Honors Research Seminar

Graduate

Seminar: Positive Psychology
Seminar: Affect and Cognition
Seminar: Emotion and Culture
Seminar: The Psychology of Mental Control
Seminar: Academic Skills and Professional Development
Experimental Design and Analysis of Variance
Statistical Methods for the Social Sciences

REFERENCES

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