

**REFERENCES FOR SONJA LYUBOMIRSKY'S
THE HOW OF HAPPINESS:
A SCIENTIFIC APPROACH TO GETTING THE LIFE YOU WANT
(Penguin Press, 2008)**

Foreword

¹ Lyubomirsky, S., King, L., & Diener, E. (2005). The benefits of frequent positive affect:

Does happiness lead to success? *Psychological Bulletin*, *131*, 803-855.

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introduction. *American Psychologist*, *55*, 5-14.

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Worth Star Telegram.

Chapter 1: Is It Possible to Become Happier?

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for a national index. *American Psychologist*, *55*, 34-43. (2) Diener, E., Suh, E. K.,

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the complete state model of health. *Journal of Consulting and Clinical Psychology*, *73*, 539-548.

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University of Pennsylvania, and Jeff Levy. Seligman, M. E. P. (2002). *Authentic Happiness*. New York: Free Press.

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want. *Current Directions in Psychological Science*, *14*, 131-134. (2) Gilbert, T. D.

(2006). *Stumbling on happiness*. New York: A. A. Knopf.

- ¹ This quote is from Harvard University social psychologist Dan Gilbert. Goldberg, C. (2006, February 6). Too much of a good thing. *Boston Globe*, F1.
- ¹ The stories of Neil, in this chapter, and Judith, in Chapter 2 (not their real names), are presented in the television documentary *In Pursuit of Happiness* (www.happycanadians.com), made by Canadian Television, with Sarah Spinks as producer, Jon Dore as host and me as expert. It first aired on CTV on June 17, 2006.
- ¹ Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, *9*, 111-131.
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- ¹ Three recent studies that examined how people's happiness levels change as they grow older found remarkably similar estimates for this percentage, ranging from 33 to 42 percent: (1) Lucas, R. E., & Donnellan, M. B. (in press). How stable is happiness: Using the STARTS model to estimate the stability of life satisfaction. *Journal of Research in Personality*. (2) Ehrhardt, J. J., Saris, W. E., & Veenhoven, R. (2000).

Stability of life-satisfaction over time: Analysis of change in ranks in a national population. *Journal of Happiness Studies*, 1, 177–205.

¹ (1) 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. (2) Ibid, Diener et al. (1999). (3) Myers, D. G. (2000). The funds, friends, and faith of happy people. *American Psychologist*, 55, 56-67. (4) Diener, E., & Lucas, R. E. (1999). Personality and subjective well-being. In D. Kahneman, E. Diener, & N. Schwartz (Eds.), *Well-being: The foundations of hedonic psychology* (pp. 213-229). New York: Russell Sage. (5) Argyle, M. (1999). Causes and correlates of happiness. In D. Kahneman, E. Diener, & N. Schwarz (Eds.), *Well-being: The foundations of hedonic psychology* (pp. 353-373). New York: Russell Sage Foundation.

¹ (1) Ibid, Lyubomirsky, Sheldon, et al. (2005). (2) Tkach, C. (2005). *Unlocking the treasury of human kindness: Enduring improvements in mood, happiness, and self-evaluations*. Unpublished doctoral dissertation, Department of Psychology, University of California, Riverside. (3) 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. (4) Sheldon, K. M., & Lyubomirsky, S. (2006a). How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves. *Journal of Positive Psychology*, 1, 73-82. (5) Dickerhoof, R., Lyubomirsky, S., & Sheldon, K. M. (2007). *How and why do positive activities work to boost well-being?: An experimental longitudinal investigation of regularly practicing optimism and gratitude*. Manuscript under review. For interventions from other laboratories, see also (1) Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60, 410-421. (2) Fordyce, M. W. (1977). Development of a program to increase

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¹ Ibid, Lyubomirsky, King, et al. (2005).

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¹ Harker, L., & Keltner, D. (2001). Expressions of positive emotions in women's college yearbook pictures and their relationship to personality and life outcomes across adulthood. *Journal of Personality and Social Psychology*, 80, 112-124.

Chapter 2: How Happy Are You, and Why?

¹ Names, identifying information, and details about interviews have been changed for some of the examples offered in this book.

¹ Ed Diener, the most distinguished and most widely published researcher in the field of subjective well-being, told me once that he coined the term *subjective well-being* because he didn't think he would be promoted with tenure if his research were perceived as focusing on something so fuzzy and soft as "happiness." Nevertheless, the label caught on.

¹ However, it's worth noting that "well-being" is a broader, more holistic construct than "happiness," encompassing people's physical and mental health, in addition to their emotional well-being.

¹ Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46, 137-155.

¹ Ibid, Lyubomirsky & Lepper (1999).

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- ¹ Kessler, R. C., McGonagle, K. A. Zhao, S., Nelson, C. B., Hughes, M., Eshlman, S., Wittchen, H. U., & Kendler, K. S. (1994). Lifetime and 12-month prevalence rates of DSM-III-R psychiatric disorders in the United States: Results from the National Comorbidity Survey. *Archives of General Psychiatry, 51*, 8-19.
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- ¹ Üstün, T. B., Ayuso-Mateos, J. L., Chatterji, S., Mathers, C., & Murray, C. J. L. (2004). Global burden of depressive disorders in the year 2000. *British Journal of Psychiatry, 184*, 386-392. Disease burden is measured by the World Health Organization via the number of disability-adjusted life years. In Africa the share of disease burden for unipolar depressive disorders is 1.2 percent; in the Americas they are the leading cause, representing 8 percent of the total burden. The ranking of depression as a

disease burden is thirteenth in Africa, fifth in the Eastern Mediterranean region, fourth in Southeast Asia, first in the Americas, third in Europe, and second in the Western Pacific.

¹ Murray, J. L., & Lopez, A. D. (1996). The global burden of disease: A comprehensive assessment of mortality and disability from diseases, injuries and risk factors in 1990 and projected to 2020. Summary. Boston: Harvard School of Public Health: *World Health Organization*.

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¹ Paul Bellew, executive director for market and industry analysis at General Motors, quoted in Scott, J., & Leonhardt, D. (2005, May 15). Class in America: Shadowy lines that still divide. *New York Times*.

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¹ Lane, R. E. (2000). *The loss of happiness in market democracies*. New Haven, CT: Yale University Press. See Figure 1.1, p.5.

¹ Ibid, Lane (2000).

¹ It's worth noting that people whose basic needs *aren't* being met – needs for such requisites as safety, food, and shelter – report being very unhappy. For this group, more money (for medical care, nutrition, toys for their children, etc.) does indeed make a substantial difference to their well-being and quality of life. So the small correlation between happiness and wealth holds only for individuals above the "basic needs," or poverty, threshold. For example, see Biswas-Diener, R., & Diener, E. (2001). Making the best of a bad situation: Satisfaction in the slums of Calcutta. *Social Indicators Research*, 55, 329–352.

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- ¹ Kahneman, D., Krueger, A. B., Schkade, D., Schwarz, N., & Stone, A. A. (2006). Would you be happier if you were richer? A focusing illusion. *Science, 312*, 1908-1910.
- ¹ The quote is attributed to Warren Buffett. O'Brien, T. L. (2006, September 17). Fortune's fools: Why the rich go broke. *New York Times*.
- ¹ American Society for Aesthetic Plastic Surgery. (2004). *Cosmetic surgery Quick facts: 2004 ASAPS statistics*. Retrieved November 16, 2005 from the World Wide Web: <http://www.surgery.org/press/statistics-2004.php>

- ¹ (1) Wengle, H. (1986). The psychology of cosmetic surgery: A critical overview of the literature 1960-1982. Part I. *Annals of Plastic Surgery*, 16, 435-443. (2) Young, V. L., Nemecek, J. R., & Nemecek, D. A. (1994). The efficacy of breast augmentation: Breast size increase, patient satisfaction, and psychological effects. *Plastic and Reconstructive Surgery*, 94, 958-969. Indeed, women with cosmetic breast implants have been reported to have an increased risk of death from suicide. For example, see McLaughlin, J. K., Wise, T. N., & Lipworth, L. (2004). Increased risk of suicide among patients with breast implants: Do the epidemiologic data support psychiatric consultation. *Psychosomatics*, 45, 277-280.
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- ¹ (1) Argyle, M. (1999). Causes and correlates of happiness. In D. Kahneman, E. Diener, & N. Schwarz (Eds.), *Well-being: The foundations of hedonic psychology* (pp. 353-375). New York: Russell Sage Foundation. (2) Campbell, A., Converse, P. E., & Rodgers, W. L. (1976). *The quality of American life*. New York: Russell Sage Foundation. (3) Lyubomirsky, S., & Tucker, K. L. (1998). Implications of individual

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- ¹ Lucas, R. E., Clark, A. E., Georgellis, Y., & Diener, E. (2003). Reexamining adaptation and the set point model of happiness: Reactions to changes in marital status. *Journal of Personality and Social Psychology*, 84, 527-539.
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- ¹ To protect confidentiality, names and identifying information about participants of research studies have been changed here and throughout the book.
- ¹ Thomas Bouchard compiled and analyzed this fascinating sample.
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- ¹ Sternberg, R. J., Grigorenko, E. L., & Kidd, K. K. (2005). Intelligence, race, and genetics. *American Psychologist*, *60*, 46-59.
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- ¹ For every single gene, each person has two alleles, one from the mother and one from the father. The short allele of the 5-HTTLPR gene decreases the brain supply of the neurotransmitter serotonin, a brain chemical that is needed to mitigate depression. Indeed, drugs like Prozac are called selective serotonin reuptake inhibitors (SSRIs) because they increase levels of serotonin and thereby lift depressive symptoms.
- ¹ Taylor, S. E., Way, B. M., Welch, W. T., Hilmert, C. J., Lehman, B. J., & Eisenberger, N. I. (2006) Early family environment, current adversity, the serotonin transporter promoter polymorphism, and depressive symptomatology. *Biological Psychiatry*, *60*, 671-676.
- ¹ A typical participant in Davidson's experiments is outfitted with electrodes – metal conductors about the size of a dime – that envelop his head, looking like a great big shower cap. The electrodes are attached to wire leads and electric current runs through those leads from the participant's scalp to Davidson's measuring instruments. The current comes from biological electrical signals, called biopotentials.
- ¹ (1) Tomarken, A. J., Davidson, R. J., Wheeler, R. E., & Doss, R. C. (1992). Individual differences in anterior brain asymmetry and fundamental dimensions of emotion.

Journal of Personality and Social Psychology, 62, 676-687. (2) Urry, H. L., Nitschke, J. B., Dolski, I., Jackson, D. C., Dalton, K. M., Mueller, C. J., Rosenkranz, M. A., Ryff, C. D., Singer, B. H., & Davidson, R. J. (2004). Making a life worth living: Neural correlates of well-being. *Psychological Science*, 15, 367-372. However, see also van Honk, J., & Schutter, D. J. L. G. (2006). From affective valence to motivational direction: The frontal asymmetry of emotion revised. *Psychological Science*, 17, 963-965.

¹ This remark was made by Nobel Prize winner and Princeton University professor Daniel Kahneman.

¹ Mroczek, D. K., & Spiro, A., III. (2005). Change in life satisfaction during adulthood: Findings from the Veterans Affairs Normative Aging Study. *Journal of Personality and Social Psychology*, 88, 189-202.

¹ Nolen-Hoeksema, S. (2005). *Eating, drinking, overthinking: The toxic triangle of food, alcohol, and depression – and how women can break free*. New York: Henry Holt.

¹ This quote is from English statesman Benjamin Disraeli. Disraeli, B. (2000). *Lothair* (Vol. III). Cambridge, England: Chadwyck-Healey Ltd., p. 206.

Chapter 3: How to Find Happiness Activities that Fit Your Interests, Your Values, and Your Needs

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of *Personality and Social Psychology*, 68, 926-935. (4) Higgins, E. T., (2005). Value from regulatory fit. *Current Directions in Psychological Science*, 14, 209-213. (5) Brandstätter, H. (1994). Well-being and motivated person-environment fit: A time-sampling study of emotions. *European Journal of Personality*, 8, 75-93. (6) Pervin, L. A. (1968). Performance and satisfaction as a function of individual-environment fit. *Psychological Bulletin*, 69, 56-68.

¹ With the exception of the “natural” item, the measure of self-determined motivation presented here was based on a methodology developed by Ken Sheldon and his colleagues. The four reasons to engage in a happiness activity tap four kinds of motivation: (1) intrinsic motivation (assessed by the item “enjoy,” though the item “natural” is closely related), defined as doing something because it is inherently interesting and enjoyable; (2) identified motivation (“value”), defined as doing something in order to express important values and beliefs; (3) introjected motivation (“guilty”), defined as acting to avoid guilt or anxiety; and (4) external motivation (“situation”), defined as doing something for a reward or to please others. According to Ed Deci and Rich Ryan, these four motivations lie along a continuum, from internal (or autonomous) to external (or controlled by others). Hence an aggregate self-determined motivation score is computed by averaging the identified and intrinsic ratings and subtracting the external and introjected ratings. This score assesses the extent to which a person’s behavior is inspired by his or her lifelong interests and deeply held values. The greater the self-determined motivation for a particular goal (whether that goal is to become thinner, more productive, or more optimistic), the healthier, happier, and more successful is the person in attaining its goal. Relevant reading: (1) Deci, E. L., & Ryan, R. M. (2000). The “what” and “why” of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*, 4, 227-268. (2) Sheldon, K. M., & Elliot, A. J. (1999). Goal

striving, need-satisfaction, and longitudinal well-being: The Self-Concordance Model. *Journal of Personality and Social Psychology*, 76, 482-497. (3) Sheldon, K. M., & Kasser, T. (1995). Coherence and congruence: Two aspects of personality integration. *Journal of Personality and Social Psychology*, 68, 531-543.

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¹ Ibid, Dickerhoof et al. (2007).

¹ For corroborating results with respect to the importance of fit in increasing well-being, see (1) Ibid, Fordyce (1977, 1983). (2) Ibid, Sheldon & Lyubomirsky (2006a).

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¹ Ibid, Dickerhoof et al. (2007).

Foreward to Part II: Before You Begin

¹ The Oxford Happiness Questionnaire taps into several components of well-being, including self-esteem, sense of purpose, social interest, and humor, and has been successfully used in individuals of all ages. Reference: Hills, P., & Argyle, M. (2002). The Oxford Happiness Questionnaire: A compact scale for the measurement of psychological well-being. *Personality and Individual Differences*, 33, 1073–1082.

¹ Note that I have slightly altered the wording of a few items to enhance clarity.

Chapter 4: Practicing Gratitude and Positive Thinking

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- ¹ Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84, 377-389.
- ¹ Ibid, Emmons (2007).
- ¹ Fredrickson, B. L., Tugade, M. M., Waugh, C. E., & Larkin, G. R. (2003). What good are positive emotions in crises?: A prospective study of resilience and emotions following the terrorist attacks on the United States in September 11, 2001. *Journal of Personality and Social Psychology*, 84, 365-376.
- ¹ Watkins, P. C., Grimm, D. L., & Kolts, R. (2004). Counting your blessings: Positive memories among grateful persons. *Current Psychology: Developmental, Learning, Personality, Social*, 23, 52-67.

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Chapter 5: Investing in Social Connections

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- ¹ Ibid, Tkach (2005).
- ¹ All the studies conducted in my laboratory (and described in this book) include at least one control group. The control group in this particular study consisted of participants who didn't perform any extra acts of kindness but were instructed simply to list various events that happened to them weekly.
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¹ Unfortunately, five participants are too few a number (“too small a sample size,” in scientific terms) to allow researchers to generalize their findings to the community at large. In all the studies that I have done with my students and collaborators – indeed, in almost all the research cited in this book – the sample sizes have been large enough to permit such generalization and large enough to permit comparisons across groups (e.g., to answer such questions as: Is the kindness group happier than the control group?) and across time (e.g., Is the kindness group happier in May than it was in January?).

¹ Here’s a sampling: Pay the toll of the car behind you or put change into an expired parking meter; pick up litter in your neighborhood, beach, or park; paint a neighbor’s home; volunteer at a food pantry, homeless shelter, or church/temple/mosque; teach an illiterate adult to read; cook a special meal for a busy family member, neighbor, or friend; spend time with an elderly relative or neighbor, or visit a nursing home; give up your seat on the bus or train; do a household chore even when it’s not your turn; rescue an animal; open the door for someone or let somebody ahead of you in line; help someone carry a bag or package; donate to a charity your money, your time, or your blood; call, write, or travel to see a friend in need; tutor or be a mentor to a younger person; and leave a thank-you note for your mail carrier, trash collector, or any other individual who simplifies your life.

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Chapter 6: Managing Stress, Hardship, and Trauma

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Chapter 7: Living in the Present

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¹ David Lodge coined a wonderful term for this phenomenon: *future nostalgia*.

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Chapter 10: The Five Hows Behind Sustainable Happiness

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promote relationships. I would add a fourth benefit –experiences (including activities) are relatively less prone to hedonic adaptation. For a review, see Van Boven, L. (2005). Experientialism, materialism, and the pursuit of happiness. *Review of General Psychology, 9*, 132-142.

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Postscript: If You Are Depressed

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