GG101x: THE SCIENCE OF HAPPINESS

http://greatergood.berkeley.edu/

Bibliography

Fall 2017

Note: The citations listed below are mainly for units that contain a video lecture from a “Science of Happiness” co-instructor (Dr. Keltner or Dr. Simon-Thomas). Units with other types of content may not be included in the bibliography.
Week 1: Introduction to the Science of Happiness

Welcome to the Course!

No citations

What is Happiness?

Philosophical and Spiritual Views on Happiness

How Science Defines and Measures Happiness


Misconceptions About Happiness

Why Does Happiness Matter?
More on the Benefits of Happiness


Why We Need the Science of Happiness Today


Happiness Practice #1: Three Good Things
Introduction to Three Good Things


What’s Joy Got To Do With It?


Can We Increase Our Own Happiness?


What Does — and Doesn’t — Make Us Happy?

What Makes it Hard For Us to Be Happy?


Money and Happiness


So What Does Make Us Happy?


WEEK 2: Happiness & Human Connection

Intro to Week 2

Social Connection and Happiness

Why Do Social Connections Foster Happiness?

Why are Humans "Ultrasocial"?


Causes and Consequences of Attachment Styles


Evidence that We're Built to Connect

How We're Wired to Connect


The Voice: Primal Ways We Can Communicate With One Another

Romantic Relationships, Family & Friends

Relationships, Marriage and Happiness


**Parenting and Happiness**


**How Friendships Matter for Happiness**


Cross-Group Relationships and Happiness


Happiness Practice: Active Listening


The Science of Empathy

The Science of Empathy


**WEEK 3: Kindness & Compassion**

**Intro to Week 3**


**What is Compassion, and Why Does It Matter?**

**What's Good About Compassion?**


The War on Compassion


**How Kindness Fosters Happiness**

**The Kindness-Happiness Loop**


Omoto, A. M., Snyder, M., & Berghuis, J. P. (1993). The psychology of volunteerism: A conceptual analysis and a program of action research.

Happiness Practice #3: Random Acts of Kindness

No citations

Evidence from Evolution, Child Development, and Biology

Evolutionary Roots of Kindness


Biological Evidence that Kindness Fosters Happiness


Challenges to Compassion and Kindness--and How to Overcome Them

Challenges to Compassion and Kindness


Scaling Up Kindness

Kindness is Contagious


**WEEK 4: Cooperation and Reconciliation: Apology & Forgiveness**

**Intro to Cooperation**

**The Evolution of Cooperation**


**Neuroscience of Cooperation**


**Peacemaking & Reconciliation**

**The Science of Apology**


**The Science of Forgiveness**

**Intro to the Science of Forgiveness**


**Forgiveness Practice**

No citations

**Building Trust**

**The Science of Trust**


Midterm Exam

**WEEK 6: Mindfulness**

**Mindful Awareness and Happiness**

*Defining What Mindfulness Is and Isn't*


*What is Mindfulness?*

**Mindfulness in Different Traditions**


**Happiness Practice: Mindful Breathing**

*Intro to Mindful Breathing*


**Benefits of Mindfulness for Mind, Brain, and Body**
Mindfulness and Psychological Well-Being


Mindfulness and Physical Well-Being


Mindfulness and Neuroplasticity


Real-World Applications of Mindfulness

Applications of Mindfulness Research


WEEK 7: Mental Habits of Happiness

Week 7 Roadmap

No citations

Toxic Thoughts vs. Training the Mind for Happiness

The Fundamentals of Training the Mind for Happiness


**Misconceptions about “Training the Mind”**

Self-Compassion: A Path to Resilience and Happiness

Why We Need Self-Compassion


The Benefits Linked to Self-Compassion


Happiness Practice #7: Self-Compassionate Letter
Self-Compassionate Letter


Finding "Flow"

Introduction to Flow


How Goal-Setting Can Foster Happiness

How Goals Can Foster Happiness


Happiness Practice #8: Best Possible Self

Best Possible Self

WEEK 8: Gratitude

Intro to Gratitude and Happiness

Introduction to Gratitude


**Happiness Practice #9: Gratitude Journal**

**Intro to Happiness Practice #9: Gratitude Journal**


**The Psychological Benefits of Gratitude**

**Psychological Benefits of Gratitude**


**The Physical and Social Benefits of Gratitude**
Physical and Social Benefits of Gratitude


Challenges to Gratitude

Cultivating Gratitude

Happiness Practice #10: Gratitude Letter

Intro to Happiness Practice #10: Gratitude Letter


WEEK 9: New Frontiers and Happiness “Fit”

The Cutting Edge: Awe, Wonder and Beauty

The Science of Awe

Burke, E. (1757). A philosophical enquiry into the origin of our ideas of the sublime and beautiful.

Kant, I. (1764). Observations on the feeling of the beautiful and sublime.


Happiness Practice #10: Awe Walk

Intro to Happiness Practice #10: Awe Walk


Laughter, Play, and Narrative

Laughter


**Play**


**Finding Your “Fit”**

**Person-Activity Fit**


**Finding Your Narrative**
The Power of Narrative


Synthesis and Farewell

Key Lessons and Final Reflections

Final Exam, Wrap Up and Reflections