

GG101x: THE SCIENCE OF HAPPINESS



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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.

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How Kindness Fosters Happiness

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Happiness Practice #3: Random Acts of Kindness

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

Challenges to Compassion and Kindness

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WEEK 7: Mental Habits of Happiness

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How Goal-Setting Can Foster Happiness

How Goals Can Foster Happiness

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Happiness Practice #8: Best Possible Self

Best Possible Self

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WEEK 8: Gratitude

Intro to Gratitude and Happiness

Introduction to Gratitude

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Happiness Practice #9: Gratitude Journal

Intro to Happiness Practice #9: Gratitude Journal

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Psychological Benefits of Gratitude

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Physical and Social Benefits of Gratitude

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Challenges to Gratitude

Cultivating Gratitude

Happiness Practice #10: Gratitude Letter

Intro to Happiness Practice #10: Gratitude Letter

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WEEK 9: New Frontiers and Happiness “Fit”

The Cutting Edge: Awe, Wonder and Beauty

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Happiness Practice #10: Awe Walk

Intro to Happiness Practice #10: Awe Walk

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Synthesis and Farewell

Key Lessons and Final Reflections

Final Exam, Wrap Up and Reflections