

BIBLIOGRAPHY FOR “THE SCIENCE OF HAPPINESS” (GG101X)

Weeks 1-4

Note: The citations listed below are only 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 are not 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

Uchida, Y., & Ogihara, Y. (2012). Personal or interpersonal construal of happiness: A cultural psychological perspective. *International Journal of Wellbeing*, 2(4), 354-369. doi:10.5502/ijw.v2.i4.5

How Science Defines and Measures Happiness

Kahneman, D. (1999). Objective happiness. *Well-being: The foundations of hedonic psychology*, 3-25.

Harker, L., & Keltner, D. (2001). Expressions of positive emotion in women's college yearbook pictures and their relationship to personality and life outcomes across adulthood. *Journal of Personality and Social Psychology, 80*(1), 112. doi:10.1037/0022-3514.80.1.112

Misconceptions About Happiness

Gruber, J., Mauss, I., & Tamir, M. (2011). A dark side of happiness: How, when, and why happiness is not always good. *Perspectives of Psychological Science, 6*(3), 222-233. doi: 10.1177/1745691611406927

Oveis, C., Horberg, E. J., & Keltner, D. (2010). Compassion, pride, and social intuitions of self-other similarity. *Journal of Personality and Social Psychology, 98*(4), 618-630. doi:10.1037/a0017628

Why Does Happiness Matter?

More on the Benefits of Happiness

Lyubomirsky, S., King, L., & Diener, E. (2005). The benefits of frequent positive affect: Does happiness lead to success? *Psychological Bulletin, 131*(6), 803. doi:10.1037/0033-2909.131.6.803

Danner, D. D., Snowdon, D. A., & Friesen, W. V. (2001). Positive emotions in early life and longevity: Findings from the nun study. *Journal of Personality and Social Psychology, 80*(5), 804. doi:10.1037/0022-3514.80.5.804

Côté, S. (1999). Affect and performance in organizational settings. *Current Directions in Psychological Science*, 8(2), 65-68.

Isen, A. M., Daubman, K. A., & Nowicki, G. P. (1987). Positive affect facilitates creative problem solving. *Journal of Personality and Social Psychology*, 52(6), 1122-1131. doi:10.1037/0022-3514.52.6.1122

The World Bank (2014). World Development Indicators. Retrieved from <http://data.worldbank.org/data-catalog/world-development-indicators>

Helliwell, J., Layard, R., & Sachs, J. (eds.) (2012). World happiness report. The Earth Institute, Columbia University, New York, USA.

Why We Need the Science of Happiness Today

McPherson, M., Smith-Lovin, L., & Brashears, M.E. (2006). Social isolation in America: Changes in core discussion networks over two decades. *American Sociological Review*, 71(3), 353-375.

doi:10.1177/000312240607100301

Twenge, J. M., Konrath, S., Foster, J. D., Keith Campbell, W., & Bushman, B. J. (2008). Egos inflating over time: A cross-temporal meta-analysis of the narcissistic personality inventory. *Journal of Personality*, 76(4), 875-902. doi:10.1111/j.1467-6494.2008.00507.x

Konrath, S. H., O'Brien, E. H., & Hsing, C. (2011). Changes in dispositional empathy in American college students over time: A meta-analysis. *Personality and Social Psychology Review*, 15(2), 180-198.

doi:10.1177/1088868310377395

Happiness Practice: Three Good Things

Introduction to Three Good Things

Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American Psychologist*, 60(5), 410. doi:10.1037/0003-066X.60.5.410

What's Joy Got To Do With It?

No citations

Can We Increase Our Own Happiness?

No citations

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

What Makes it Hard For Us to Be Happy?

Carter, T. J., & Gilovich, T. (2010). The relative relativity of material and experiential purchases. *Journal of Personality and Social Psychology*, 98(1), 146-159. doi:10.1037/a0017145

Gilbert, D. T., Pinel, E. C., Wilson, T. D., Blumberg, S. J., & Wheatley, T. P. (1998). Immune neglect: A source of durability bias in affective forecasting. *Journal of Personality and Social Psychology*, 75(3), 617-638. doi:10.1037/0022-3514.75.3.617

Kahneman, D. & Deaton, D. (2010). High income improves evaluation of life but not emotional well-being. *Proceedings of the National Academy of Sciences*, 107(38), 16489–16493. doi:10.1073/pnas.1011492107

Eagan, K., Lozano, J.B., Hurtado, S., & Case, M.H. (2014). The American Freshman: National Norms Fall 2013, 1-83.

Money and Happiness

Lane, R. E. (2000). *The loss of happiness in market democracies*. New Haven: Yale University Press.

Myers, D. G., & Diener, E. (1995). Who is happy? *Psychological Science*, 6(1), 10-19. doi:10.1111/j.1467-9280.1995.tb00298.x

So What Does Make Us Happy?

Ong, A.D., Exner-Cortens, D., Riffin, C., Steptoe, A., Zautra, A., & Almeida, D.M. (2013). Link stable and dynamic features of positive affect to sleep. *Annals of Behavioral Medicine*, 46(52-61). doi:10.1007/s12160-013-9484-8

Quinn, P. D., & Duckworth, A. L. (2007). Happiness and academic achievement: Evidence for reciprocal causality. Poster session presented at the annual meeting of the Association for Psychological Science, Washington, DC.

Stephens, T. (1988). Physical activity and mental health in the United States and Canada: Evidence from four population surveys. *Preventive Medicine*, 17(35-47). doi:10.1016/0091-7435(88)90070-9

Walker, C. O., Winn, T. D., & Lujens, R.M. (2012). Examining relationships between academic and social achievement goals and routes to happiness. *Education Research International*, 1-7. doi: 10.1155/2012/643438

WEEK 2: Happiness & Human Connection

Intro to Week 2

Social Connection and Happiness

Diener, E., & Seligman, M. E. (2002). Very happy people. *Psychological Science*, 13(1), 81-84. doi:10.1111/1467-9280.00415

Kahneman, D., Krueger, A. B., Schkade, D. A., Schwarz, N., & Stone, A. A. (2004). A survey method for characterizing daily life experience: The day reconstruction method. *Science*, 306(5702), 1776-1780. doi:10.1126/science.1103572

Csikszentmihalyi, M., & Hunter, J. (2003). Happiness in Everyday Life. *Journal of Happiness Studies*, 4(185-199). doi:10.1023/A:1024409732742

Why Do Social Connections Foster Happiness?

Why Are We "Wired to Connect"?

Eibl-Eibesfeldt, I. *Human ethology*, 1989.

De Waal, F. B. (1996). *Good natured* (No. 87). Harvard University Press.

Boehm, C., Barclay, H. B., Dentan, R. K., Dupre, M. C., Hill, J. D., Kent, S., ... & Rayner, S. (1993). Egalitarian behavior and reverse dominance hierarchy. *Current Anthropology*, 227-254.

Stevenson, B., & Wolfers, J. (2007). Marriage and divorce: Changes and their driving forces (No. w12944). *National Bureau of Economic Research*. doi:10.3386/w12944

Myers, D. G. (2001). *The American paradox: Spiritual hunger in an age of plenty*. Yale University Press.

Cacioppo, J. T., & Patrick, W. (2008). *Loneliness: Human nature and the need for social connection*. WW Norton & Company.

McPherson et al., 2006

Vandewater, E. A., Bickham, D. S., & Lee, J. H. (2006). Time well spent? Relating television use to children's free-time activities. *Pediatrics*, 117(2), e181-e191. doi:10.1542/peds.2005-0812

Causes and Consequences of Attachment Styles

Bowlby, J. (1969). *Attachment and loss, volume i: Attachment*.

Wright, S. L., & Perrone, K. M. (2010). An examination of the role of attachment and efficacy in life satisfaction. *The Counseling Psychologist*, 38(6), 796-823. doi:10.1177/0011000009359204

Kirkpatrick, L. A., & Hazan, C. (1994). Attachment styles and close relationships: A four-year prospective study. *Personal Relationships, 1*(2), 123-142.

Torquati, J. C., & Raffaelli, M. (2004). Daily experiences of emotions and social contexts of securely and insecurely attached young adults. *Journal of Adolescent Research, 19*(6), 740-758. doi:10.1177/0743558403260023

Evolution Has Wired Pro-Social Connections Into Our Bodies

The Skills For Connection Wired into Our Brains and Bodies

Bernhardt, B. C., & Singer, T. (2012). The neural basis of empathy. *Annual Review of Neuroscience, 35*, 1-23.

doi:10.1146/annurev-neuro-062111-150536

The Science of Touch

Kirchmann, H., Nolte, T., Runkewitz, K., Bayerle, L., Becker, S., Blasczyk, V., ... & Strauss, B. (2013). Associations between adult attachment characteristics, medical burden, and life satisfaction among older primary care patients. *Psychology and Aging, 28*(4), 1108. doi:10.1037/a0034750

The Voice: Primal Ways We Can Communicate With One Another

Simon-Thomas, E. R., Keltner, D. J., Sauter, D., Sinicropi-Yao, L., & Abramson, A. (2009). The voice conveys specific emotions: Evidence from vocal burst displays. *Emotion, 9*(6), 838. doi:10.1037/a0017810

Affiliation, Affection & Attachment

Affiliation, the Poly Vagal Theory and Vagus Nerve

The Science of Oxytocin and Happiness

Kosfeld, M., Heinrichs, M., Zak, P. J., Fischbacher, U., & Fehr, E. (2005). Oxytocin increases trust in humans. *Nature*, *435*(7042), 673-676.
doi:10.1038/nature03701

Carter, C. S., Devries, A. C., & Getz, L. L. (1995). Physiological substrates of mammalian monogamy: The prairie vole model. *Neuroscience & Biobehavioral Reviews*, *19*(2), 303-314.
doi:10.1016/0149-7634(94)00070-H

Lee, H. J., Macbeth, A. H., & Pagani, J. H. (2009). Oxytocin: The great facilitator of life. *Progress in Neurobiology*, *88*(2), 127-151.
doi:10.1016/j.pneurobio.2009.04.001

Windle, R. J., Shanks, N., Lightman, S. L., & Ingram, C. D. (1997). Central oxytocin administration reduces stress-induced corticosterone release and anxiety behavior in rats 1. *Endocrinology*, *138*(7), 2829-2834.
doi:10.1210/endo.138.7.5255

Feldman, R., Gordon, I., Schneiderman, I., Weisman, O., & Zagoory-Sharon, O. (2010). Natural variations in maternal and paternal care are associated with systematic changes in oxytocin following parent-infant contact. *Psychoneuroendocrinology*, *35*(8), 1133-1141.
doi:10.1016/j.psyneuen.2010.01.013

Rodrigues, S. M., Saslow, L. R., Garcia, N., John, O. P., & Keltner, D. (2009). Oxytocin receptor genetic variation relates to empathy and stress

reactivity in humans. *Proceedings of the National Academy of Sciences*, 106(50), 21437-21441. doi:10.1073/pnas.0909579106

Bartz, J. A., Zaki, J., Bolger, N., & Ochsner, K. N. (2011). Social effects of oxytocin in humans: Context and person matter. *Trends in Cognitive Sciences*, 15(301–309). doi:10.1016/j.tics.2011.05.002

Neuroscientific Insights into Attachment

Vrtička, P., Andersson, F., Grandjean, D., Sander, D., & Vuilleumier, P. (2008). Individual attachment style modulates human amygdala and striatum activation during social appraisal. *PLoS One*, 3(8), e2868. doi:10.1371/journal.pone.0002868

Romantic Relationships, Family & Friends

The Science of Relationships, Marriage and Happiness

Fisher, H. E. (1994). *Anatomy of love: A natural history of mating, marriage, and why we stray*. Random House LLC.

Gonzaga, G. C., Turner, R. A., Keltner, D., Campos, B. C., & Altemus, M. (2006). Romantic love and sexual desire in close relationships. *Emotion*, 6(2), 163-179. doi:10.1037/1528-3542.6.2.163

Luhmann, M., Hofmann, W., Eid, M., & Lucas, R. E. (2012). Subjective well-being and adaptation to life events: A meta-analysis. *Journal of Personality and Social Psychology*, 102(3), 592. doi:10.1037/a0025948

Yap, S. C., Anusic, I., & Lucas, R. E. (2012). Does personality moderate reaction and adaptation to major life events? Evidence from the British Household Panel Survey. *Journal of Research in Personality, 46*(5), 477-488. doi:10.1016/j.jrp.2012.05.005

Gottman, J. M., & Levenson, R. W. (2000). The timing of divorce: Predicting when a couple will divorce over a 14-year period. *Journal of Marriage and Family, 62*(3), 737-745. doi:10.1111/j.1741-3737.2000.00737.x

Gordon, A. M., Impett, E. A., Kogan, A., Oveis, C., & Keltner, D. (2012). To have and to hold: Gratitude promotes relationship maintenance in intimate bonds. *Journal of Personality and Social Psychology, 103*(257-274). doi: 10.1037/a0028723.

Impett, E. A., Gordon, A. M., Kogan, A., Oveis, C., Gable, S. L., & Keltner, D. (2010). Moving toward more perfect unions: Daily and long-term consequences of approach and avoidance goals in romantic relationships. *Journal of Personality and Social Psychology, 99*(6), 948. doi:10.1037/a0020271

Fincham, F. D., Paleari, F., & Regalia, C. (2002). Forgiveness in marriage: The role of relationship quality, attributions, and empathy. *Personal Relationships, 9*(1), 27-37. doi:10.1111/1475-6811.00002

Happiness and Family/Kids

Kahneman et al., 2004

Myrskylä, M., & Margolis, R. (2014). Happiness: Before and after the kids. *Demography*, *51*(4). doi:10.1007/s13524-014-0321-x

Nelson, S. K., Kushlev, K., English, T., Dunn, E. W., & Lyubomirsky, S. (2013). In defense of parenthood: Children are associated with more joy than misery. *Psychological Science*, *24*(1), 3-10.
doi:10.1177/0956797612447798

Nelson, S. K., Kushlev, K., & Lyubomirsky, S. (2014). The pains and pleasures of parenting: When, why, and how is parenthood associated with more or less well-being? *Psychological Bulletin*, *140*(3), 846-895.
doi:10.1037/a0035444

Friendships/Connection and Happiness

Zimet, G. D., Dahlem, N. W., Zimet, S. G., & Farley, G. K. (1988). The multidimensional scale of perceived social support. *Journal of Personality Assessment*, *52*(1), 30-41. doi:10.1207/s15327752jpa5201_2

Berkman, L. F., & Syme, S. L. (1979). Social networks, host resistance, and mortality: A nine-year follow-up study of Alameda County residents. *American Journal of Epidemiology*, *109*(2), 186-204.

Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social relationships and mortality risk: a meta-analytic review. *PLoS Medicine*, *7*(7), e1000316.
doi:10.1371/journal.pmed.1000316

Uchino, B. N., Cacioppo, J. T., & Kiecolt-Glaser, J. K. (1996). The relationship between social support and physiological processes: a review

with emphasis on underlying mechanisms and implications for health.
Psychological Bulletin, 119(3), 488. doi:10.1037/0033-2909.119.3.488

Taylor, S. E., Welch, W. T., Kim, H. S., & Sherman, D. K. (2007). Cultural differences in the impact of social support on psychological and biological stress responses. *Psychological Science*, 18(9), 831-837.
doi:10.1111/j.1467-9280.2007.01987.x

Cross-Group Relationships and Happiness

Mendes, W. B., Gray, H. M., Mendoza-Denton, R., Major, B., & Epel, E. S. (2007). Why egalitarianism might be good for your health: Physiological thriving during stressful intergroup encounters. *Psychological Science*, 18(11), 991-998. doi:10.1111/j.1467-9280.2007.02014.

Page-Gould, E., Mendoza-Denton, R., & Tropp, L. R. (2008). With a little help from my cross-group friend: reducing anxiety in intergroup contexts through cross-group friendship. *Journal of Personality and Social Psychology*, 95(5), 1080. doi:10.1037/0022-3514.95.5.108

Happiness Practice: Active Listening

Weger, H., Castle Bell, G., Minei, E. M., & Robinson, M. C. (2014). The relative effectiveness of active listening in initial interactions. *International Journal of Listening*, 28(1), 13-31.

Empathy, Emotional Intelligence & Knowing Others

Introduction to Empathy

Rizzolatti, G., & Craighero, L. (2004). The mirror-neuron system. *Annual Review of Neuroscience*, 27(169-192).

doi:10.1146/annurev.neuro.27.070203.144230

Iacoboni, M., Molnar-Szakacs, I., Gallese, V., Buccino, G., Mazziotta, J. C., & Rizzolatti, G. (2005). Grasping the intentions of others with one's own mirror neuron system. *PLoS biology*, 3(3), e79.

doi:10.1371/journal.pbio.0030079

Bernhardt & Singer, 2012

Morishima, Y., Schunk, D., Bruhin, A., Ruff, C. C., & Fehr, E. (2012). Linking brain structure and activation in temporoparietal junction to explain the neurobiology of human altruism. *Neuron*, 75(1), 73-79.

doi:10.1016/j.neuron.2012.05.021

WEEK 3: Compassion & Kindness

Intro to Week 3

No citations

What is Compassion, and Why Does It Matter?

What's Good About Compassion?

Stellar, J. E., Cohen, A., Oveis, C., & Keltner, D. (invited revision). Vagal activity and compassionate responses to suffering. *Journal of Personality and Social Psychology*.

Lutz, A., Brefczynski-Lewis, J., Johnstone, T., & Davidson, R. J. (2008). Regulation of the neural circuitry of emotion by compassion meditation: Effects of meditative expertise. *PLoS ONE*, 3(3): e1897.
doi:10.1371/journal.pone.000189

Pace, T. W., Negi, L. T., Adame, D. D., Cole, S. P., Sivilli, T. I., Brown, T. D., ... & Raison, C. L. (2009). Effect of compassion meditation on neuroendocrine, innate immune and behavioral responses to psychosocial stress. *Psychoneuroendocrinology*, 34(1), 87-98.
doi:10.1016/j.psyneuen.2008.08.011

Klimecki, O. M., Leiberg, S., Lamm, C., & Singer, T. (2013). Functional neural plasticity and associated changes in positive affect after compassion training. *Cerebral Cortex*, 23(7), 1552-1561.
doi:10.1093/cercor/bhs142

Condon, P., Desbordes, G., Miller, W. B., & DeSteno, D. (2013). Meditation increases compassionate responses to suffering. *Psychological Science*, 24(10), 2125-2127. doi:10.1177/0956797613485603

Darwin, C. (2004). *The descent of man*. Digireads.com Publishing.

Jazaieri, H., Jinpa, G. T., McGonigal, K., Rosenberg, E. L., Finkelstein, J., Simon-Thomas, E., ... & Goldin, P. R. (2013). Enhancing compassion: A randomized controlled trial of a compassion cultivation training program. *Journal of Happiness Studies*, 14(4), 1113-1126. doi: 10.1007/s10902-012-9373-z

Oveis, C., Horberg, E. J., & Keltner, D. (2010). Compassion, pride, and social intuitions of self-other similarity. *Journal of Personality and Social Psychology, 98*(4), 618. doi:10.1037/a0017628

Kim, J. W., Kim, S. E., Kim, J. J., Jeong, B., Park, C. H., Son, A. R., ... & Ki, S. W. (2009). Compassionate attitude towards others' suffering activates the mesolimbic neural system. *Neuropsychologia, 47*(10), 2073-2081. doi:10.1016/j.neuropsychologia.2009.03.017

Beauregard, M., Courtemanche, J., Paquette, V., & St-Pierre, É. L. (2009). The neural basis of unconditional love. *Psychiatry Research: Neuroimaging, 172*(2), 93-98. doi:10.1016/j.pscychresns.2008.11.003

Simon-Thomas, E. R., Godzik, J., Castle, E., Antonenko, O., Ponz, A., Kogan, A., & Keltner, D. J. (2012). An fMRI study of caring vs self-focus during induced compassion and pride. *Social Cognitive and Affective Neuroscience, 7*(6), 635-648. doi:10.1093/scan/nsr045

Weng, H. Y., Fox, A. S., Shackman, A. J., Stodola, D. E., Caldwell, J. Z., Olson, M. C., ... & Davidson, R. J. (2013). Compassion training alters altruism and neural responses to suffering. *Psychological Science, 24*(7), 1171-1180. doi:10.1177/0956797612469537

The War on Kindness

Freud, S. (1918). *Reflections on war and death*. Moffat, Yard and Company.

Rand, A. (1982). Faith and force: The destroyers of the modern world. In Rand, A., *Philosophy, who needs it*. Indianapolis: Bobbs-Merrill.

Machiavelli, N. (1981). *The Prince* (Bantam Classic ed.). New York: Bantam Books.

Konrath, S. H., O'Brien, E. H., & Hsing, C. (2011). Changes in dispositional empathy in American college students over time: A meta-analysis. *Personality and Social Psychology Review, 15*(2), 180-198. doi: 10.1177/1088868310377395

Gawande, Atul. (2009). "Annals of Human Rights: Hellhole." *The New Yorker*.

How Kindness Fosters Happiness

The Kindness-Happiness Loop

Brown, S. L., Smith, D. M., Schulz, R., Kabeto, M. U., Ubel, P. A., Poulin, M., ... & Langa, K. M. (2009). Caregiving behavior is associated with decreased mortality risk. *Psychological Science, 20*(4), 488-494. doi: 10.1111/j.1467-9280.2009.02323.x

Dunn, E. W., Aknin, L. B., & Norton, M. I. (2008). Spending money on others promotes happiness. *Science, 319*(5870), 1687-1688. doi:10.1126/science.1150952

Aknin, L. B., Barrington-Leigh, C. P., Dunn, E. W., Helliwell, J. F., Burns, J., Biswas-Diener, R., ... & Norton, M. I. (2013). Prosocial spending and well-being: Cross-cultural evidence for a psychological universal. *Journal of Personality and Social Psychology, 104*(4), 635. doi:10.1037/a0031578

Aknin, L. B., Hamlin, J. K., & Dunn, E. W. (2012). Giving leads to happiness in young children. *PLoS One*, 7(6), e39211.
doi:10.1371/journal.pone.0039211

Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology*, 95(5), 1045.
doi:10.1037/a0013262

Aknin, L. B., Dunn, E. W., & Norton, M. I. (2012). Happiness runs in a circular motion: Evidence for a positive feedback loop between prosocial spending and happiness. *Journal of Happiness Studies*, 13(2), 347-355.
doi:10.1007/s10902-011-9267-5

Oman, D., Thoresen, C. E., & McMahon, K. (1999). Volunteerism and mortality among the community-dwelling elderly. *Journal of Health Psychology*, 4(3), 301-316. doi:10.1177/135910539900400301

Luks, A. (1988). Doing good: Helper's high. *Psychology Today*, 22(10).

Musick, M. A., & Wilson, J. (2003). Volunteering and depression: The role of psychological and social resources in different age groups. *Social Science & Medicine*, 56(2), 259-269. doi:10.1016/S0277-9536(02)00025-4

Post, S. G. (2005). Altruism, happiness, and health: It's good to be good. *International Journal of Behavioral Medicine*, 12(2), 66-77.
doi:10.1207/s15327558ijbm1202_4

Post, S., & Neimark, J. (2007). *Why good things happen to good people: The exciting new research that proves the link between doing good and living a longer, healthier, happier life*. New York: Broadway Books.

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

Happiness Practice

No citations

Evidence from Evolution, Child Development, and Biology

Evolutionary Roots of Kindness

Rand, D. G., Greene, J. D., & Nowak, M. A. (2012). Spontaneous giving and calculated greed. *Nature*, 489(7416), 427-430. doi:10.1038/nature11467.

Warneken, F., & Tomasello, M. (2006). Altruistic helping in human infants and young chimpanzees. *Science*, 311(5765), 1301-1303. doi:10.1126/science.1121448.

Trivers, R. L. (1971). The evolution of reciprocal altruism. *Quarterly Review of Biology*, 35-57.

Unit 4

Harbaugh, W. T., Mayr, U., & Burghart, D. R. (2007). Neural responses to taxation and voluntary giving reveal motives for charitable donations. *Science*, 316(5831), 1622-1625. doi:10.1126/science.1140738

Inagaki, T. K., & Eisenberger, N. I. (2012). Neural correlates of giving support to a loved one. *Psychosomatic Medicine*, 74(1), 3-7.
doi:10.1097/PSY.0b013e3182359335.

Unit 5

Darley, J. M., & Batson, C. D. (1973). "From Jerusalem to Jericho": A study of situational and dispositional variables in helping behavior. *Journal of Personality and Social Psychology*, 27(1), 100. doi:10.1037/h0034449

Anderson, C. A., Shibuya, A., Ihori, N., Swing, E. L., Bushman, B. J., Sakamoto, A., et al. (2010). Violent video game effects on aggression, empathy, and prosocial behavior in eastern and western countries: a meta-analytic review. *Psychological Bulletin*, 136(2), 151.
doi:10.1037/a0018251

Scaling Up Kindness

Kindness is Contagious

Carman, K. G. (2003). Social influences and the private provision of public goods: Evidence from charitable contributions in the workplace. Manuscript, Stanford University.

Fowler, J. H., & Christakis, N. A. (2010). Cooperative behavior cascades in human social networks. *Proceedings of the National Academy of Sciences*, 107(12), 5334-5338. doi:10.1073/pnas.0913149107

Christakis, N. A., & Fowler, J. H. (2009). *Connected: The surprising power of our social networks and how they shape our lives*. Hachette Digital, Inc.

Schnall, S., Roper, J., & Fessler, D. M. (2010). Elevation leads to altruistic behavior. *Psychological Science, 21*(3), 315.

doi:10.1177/0956797609359882

Haidt, J. (2003). Elevation and the positive psychology of morality.

Flourishing: Positive psychology and the life well-lived, 275, 289.

WEEK 4: Cooperation and Reconciliation: Apology & Forgiveness

Intro to Cooperation

The Evolution of Cooperation

Tauer, J. M., & Harackiewicz, J. M. (2004). The effects of cooperation and competition on intrinsic motivation and performance. *Journal of Personality and Social Psychology, 86*(6), 849. doi:10.1037/0022-3514.86.6.849

Gemmill, G. R., & Heisler, W. (1972). Machiavellianism as a factor in managerial job strain, job satisfaction, and upward mobility. *Academy of Management Journal, 15*(1), 51-62. doi:10.2307/254800

Suchak, M., Eppley, T. M., Campbell, M. W., & de Waal, F. B. (2014). Ape duos and trios: Spontaneous cooperation with free partner choice in chimpanzees. *PeerJ, 2*(e417). doi:10.7717/peerj.417

Axelrod, R., & Hamilton, W. D. (1981). The evolution of cooperation. *Science, 211*(4489), 1390-1396.

Neuroscience of Cooperation

Stallen, M., & Sanfey, A. G. (2013). The cooperative brain. *The Neuroscientist*, 19(3), 292-303. doi:10.1177/1073858412469728

Rilling, J. K., Gutman, D. A., Zeh, T. R., Pagnoni, G., Berns, G. S., & Kilts, C. D. (2002). A neural basis for social cooperation. *Neuron*, 35(2), 395-405. doi:10.1016/S0896-6273(02)00755-9

Tabibnia, G., & Lieberman, M. D. (2007). Fairness and cooperation are rewarding. *Annals of the New York Academy of Sciences*, 1118(1), 90-101. doi:10.1196/annals.1412.001

Decety, J., Jackson, P. L., Sommerville, J. A., Chaminade, T., & Meltzoff, A. N. (2004). The neural bases of cooperation and competition: an fMRI investigation. *Neuroimage*, 23(2), 744-751. doi:10.1016/j.neuroimage.2004.05.025

Knutson, B. (2004). Sweet revenge. *Science*, 305(5688), 1246-1247. doi:10.1126/science.1102822

Peacemaking & Reconciliation

The Science of Apology

Byrne, A., Barling, J., & Dupré, K. E. (2014). Leader apologies and employee and leader well-being. *Journal of Business Ethics*, 121(1), 91-106. doi:10.1007/s10551-013-1685-3

Lazare, A. (2004). *On apology*. Oxford University Press.

The Science of Forgiveness

Introduction to Forgiveness

Enright, R. D. (2001). *Forgiveness is a choice: A step-by-step process for resolving anger and restoring hope*. American Psychological Association.

Luskin, F. (2006). *Forgive for good*. HarperOne.

McCullough, M. E., Worthington Jr, E. L., & Rachal, K. C. (1997). Interpersonal forgiving in close relationships. *Journal of Personality and Social Psychology, 73*(2), 321. doi:10.1037/0022-3514.73.2.321

McCullough, M. E., Rachal, K. C., Sandage, S. J., Worthington Jr, E. L., Brown, S. W., & Hight, T. L. (1998). Interpersonal forgiving in close relationships: II. Theoretical elaboration and measurement. *Journal of Personality and Social Psychology, 75*(6), 1586.
doi:10.1037/0022-3514.75.6.1586

van Oyen Witvliet, C., Ludwig, T. E., & Vander Laan, K. L. (2001). Granting forgiveness or harboring grudges: Implications for emotion, physiology, and health. *Psychological Science, 12*(2), 117-123.
doi:10.1111/1467-9280.00320

Bono, G., McCullough, M. E., & Root, L. M. (2007). Rumination, emotion, and forgiveness: three longitudinal studies. *Journal of Personality and Social Psychology, 92*(3), 490.

Tsang, J., McCullough, M. E., & Fincham, F. D. (2006). The longitudinal association between forgiveness and relationship closeness and commitment. *Journal of Social and Clinical Psychology, 25*(4), 448-472.

Forgiveness Practice

No citations

Building Trust

Introduction to Trust

Zak, P. J. (2005). The neuroeconomics of trust. doi:10.2139/ssrn.764944

Kosfeld, M., Heinrichs, M., Zak, P. J., Fischbacher, U., & Fehr, E. (2005). Oxytocin increases trust in humans. *Nature, 435*(7042), 673-676. doi:10.1038/nature03701

Kraus, M. W., Huang, C., & Keltner, D. (2010). Tactile communication, cooperation, and performance: An ethological study of the NBA. *Emotion, 10*(5), 745. doi:10.1037/a0019382

Guéguen, N. (2004). Nonverbal encouragement of participation in a course: The effect of touching. *Social Psychology of Education, 7*(1), 89-98. doi:10.1023/B:SPOE.0000010691.30834.14

Lieberman, V., Samuels, S. M., & Ross, L. (2004). The name of the game: Predictive power of reputations versus situational labels in determining prisoner's dilemma game moves. *Personality and Social Psychology Bulletin, 30*(9), 1175-1185. doi:10.1177/0146167204264004

Baskin, T.W., & Enright, R. D. (2004). Intervention studies on forgiveness: A meta-analysis. *Journal of Counseling and Development, 82*, 79-90. doi:10.1002/j.1556-6678.2004.tb00288.x

Neuberg, S. L. (1988). Behavioral implications of information presented outside of conscious awareness: The effect of subliminal presentation of trait information on behavior in the Prisoner's Dilemma Game. *Social Cognition, 6*(3), 207-230. doi:10.1521/soco.1988.6.3.207