



Fredrickson, B. (2009). *Positivity : [discover the upward spiral that will change your life]*. New York.

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Content

World renowned researcher Dr. Barbara Fredrickson gives you the lab-tested tools necessary to create a healthier, more vibrant, and flourishing life through a process she calls "the upward spiral."

You'll discover:

- What positivity is, and why it needs to be heartfelt to be effective
- The ten sometimes surprising forms of positivity
- Why positivity is more important than happiness
- That your own sources of positivity are unique and how to tap into them
- How to calculate your current positivity ratio, track it, and improve it

With *Positivity*, you'll learn to see new possibilities, bounce back from setbacks, connect with others, and become the best version of yourself.

Subjects

Positive psychology

Mental maturation

Self-fulfillment