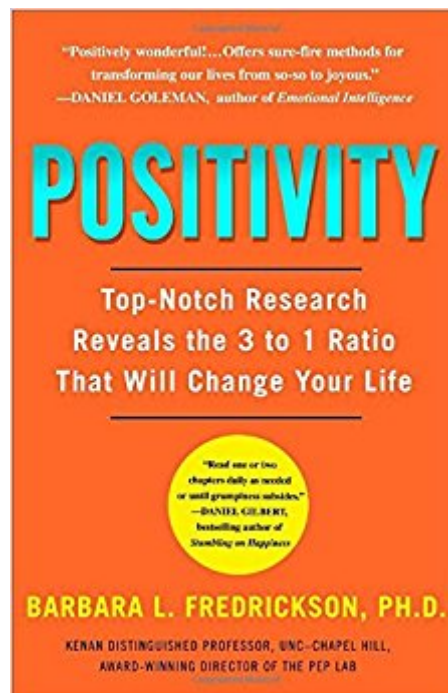




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# Positivity: Top-Notch Research Reveals The Upward Spiral That Will Change Your Life



## Synopsis

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
- How positivity can enhance relationships, work, and health, and how it relieves depression, broadens minds, and builds lives
- The top-notch research that backs the 3-to-1 "positivity ratio" as a key tipping point
- 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. From the Hardcover edition.

## Book Information

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## Customer Reviews

Positive psychology pioneer Fredrickson introduces readers to the power of harnessing happiness to transform their lives, backed up by impressive lab research. The author lays out the core truths and 10 forms of positivity—joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe and love—in a book that promises to change the way people look at feeling good. Disdainful of Pollyannaism, Fredrickson remains realistic in her treatment and provides scientific evidence to illustrate her findings that maintaining a 3:1 positivity ratio of positive thoughts to negative emotions creates a tipping point between languishing and flourishing. The book includes compelling case studies, concrete tips, a Positivity Self Test and a tool kit for decreasing negativity.

and raising the positivity ratio. Although many of Fredrickson's methods and theories (notes on meditation and karma) will seem familiar to anyone versed in yoga or eastern religions, the scientific foundation of her arguments and additional online resources ([www.positivityratio.com](http://www.positivityratio.com)) offer readers a chance to experiment with positivity and very possibly lead richer lives. (Feb.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"Written by one of the most influential contributors to this new perspective in science, Positivity provides a wonderful synthesis of what positive psychology has accomplished in the first decade of its existence. It is full of deep insights about human behavior as well as useful suggestions for how to apply them in everyday life." —Mihaly Csikszentmihalyi, Ph.D., author of Flow "Positivity is literally the feel-good book of the year, providing a scientifically sound prescription for joy, health, and creativity. Read one to two chapters daily as needed or until grumpiness subsides."

—Daniel Gilbert, professor of psychology, Harvard University, and author of Stumbling on Happiness  
From the Hardcover edition.

Such a great book--a must read for everyone! There is a slightly annoying self-help quality to the writing, particularly in the beginning, but that is easily overlooked by the intriguing information presented in an easily comprehensible manner that anyone could understand. Fredrickson is a self-defined 2nd generation researcher in the field of positive psychology & has researched why positive emotions evolved, what purpose they serve, as well as a theoretician who posits a tipping point, arguably achievable by most anyone, for positivity. Cultivate that much positive emotion in your life & the benefits of positive emotion (which are widespread & longterm, unlike the benefits of negative emotions, which are immediate, shortterm, defensive, and have a lot of baggage) augment & flood your life. She reports on her own & others' research ranging from positive emotions in animals to humans & their physiological, social, neurological & longterm benefits, including surprising, unexpected results she chanced upon. You do not need to become a Pollyanna to benefit from increased positivity. Worth reading a few times.

I am a school psychologist and I use positive psychology consistently in my work. Barbara makes her work accessible and interesting. I have been able to easily take the information presented in this book and transform it into lessons for my kiddos. Thanks Barbara, this is a great book, please keep them coming. A true fan of your work.

Very helpful book that seems to present some surprising information. I think the book is a good length and I have kept on a Kindle referring to it often over several years. Positivity can make a difference.

This book was a struggle to finish. Easy read but repeats itself often and many of the ideas in this book are not revolutionary. I would not recommend. I agree with most of the 1 star reviews but the book was in good condition so I'll give it 2 stars for that.

A little kitschy, but okay.

Well written- engaging , intellectual, and attainable. A book teenagers up to advanced age folks should read, emulate , and flourish.

Already quite familiar with the work of Dr. Fredrickson, there were no a-ha moments in the book. Still, I strongly recommend this book for those people who are struggling to achieve greater positivity in their life. Dr. Fredrickson writes openly about her own life experiences, makes abstract concepts concrete and easy to understand, and does a good job of summarizing a growing body of research in positive psychology. Dr. Fredrickson eagerly recommends mindfulness training and cognitive-behavioral strategies as effective means for increasing one's positivity ratio to a healthy 3:1 (or 2.9013:1 to be precise). She also recommends the typical cadre of interventions used by most evidence-based counselors and psychologists.

Barbara Fredrickson's audiobook expands on her concept of broadening and building intelligence. Through research that she and others have conducted, it has been proven that positively primed research participants have increased ability to solve complex problems. The audiobook positivity can only be the result of years of research and these experiments are an encouragement to live our lives to be more productive and bring out of the lab into our lives the wealth of knowledge presented in this audiobook. Highly suggested! From the author of: From Hypercritical Thinking to Happiness.

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