

## Inspirativní literatura

Sonja Lyubomirsky: *The How of Happiness: A new Approach to Getting the Life You Want*, Penguin Books, Ltd., 2007.

Daniel Gilbert: *Stumbling on Happiness*, First Vintage Books Edition, 2006. (česky vyšlo jako *Škobrtnout o štěstí*, Dokořán, 2007.)

Martin E. P. Seligman: *Naučený optimismus – Jak změnit své myšlení a život*, Beta Dobrovský, 2013.

Daniel Kahneman: *Myšlení – rychlé a pomalé*, Jan Melvil, 2012.

Dan Ariely: *Jak drahé je zdarma*, Práh, 2009.

Joe Dispenza: *Probudte své božství – Jak obyčejní lidé dělají neobyčejné věci*, Anch books, 2020.

Joe Dispenza: *You Are the Placebo*, Hay House, Inc., 2014. (česky vyšlo jako *Vy jste placebo*, ANAG, 2016.)

Stefanie Stahl: *Das Kind in dir muss Heimat finden*, Kailash Verlag, 2015.

Michael J. Glantz, Marc C. Chamberlain, Qin Liu, Chung-Cheng Hsieh, Keith R. Edwards, Alixis Van Horn, Lawrence Recht: *Gender Disparity in the Rate of Partner Abandonment in Patients With Serious*

*Medical Illness*. (viz <https://acsjournals.onlinelibrary.wiley.com/doi/epdf/10.1002/cncr.24577>)

Poppy Noor: *The men who leave their spouses when they have a life-threatening illness*. (viz <https://www.theguardian.com/lifeandstyle/2020/mar/30/the-men-who-give-up-on-their-spouses-when-they-have-cancer>)

Amelia Karraker, Kenzie Latham: *In Sickness and in Health? Physical Illness as a Risk Factor for Marital Dissolution in Later Life*. (viz <https://journals.sagepub.com/doi/10.1177/0022146515596354>)

TED talks:

Mihaly Csikszentmihalyi – Flow, the secret to happiness

Carol Dweck – The power of believing that you can improve

Michael Norton – How to buy happiness

Matthew Killingsworth – Want to be happier? Stay in the moment

Hedy Kober – How can mindfulness help us