

# Literatura

- Baker, W., and N. Bulkley. 2014. „Paying It Forward vs. Rewarding Reputation: Mechanisms of Generalized Reciprocity.” *Organization Science* 25(5): 1493–1510. <http://doi.org/10.1287/orsc.2014.0920>.
- Baumeister, R. F., E. Bratslavsky, C. Finkenauer, and K. D. Vohs. 2001. „Bad Is Stronger Than Good.” *Review of General Psychology* 5(4): 323–370. <http://doi.org/10.1037/1089-2680.5.4.323>.
- Baumeister, R. F., K. D. Vohs, J. L. Aaker, and E. N. Garbinsky. 2013. „Some Key Differences Between a Happy Life and a Meaningful Life.” *Journal of Positive Psychology* 8(6): 505–516.
- Biswas-Diener, R. 2006. „From the Equator to the North Pole: A Study of Character Strengths.” *Journal of Happiness Studies* 7: 293–310. <http://doi.org/10.1007/s10902-005-3646-8>.
- Biswas-Diener, R. 2012. *The Courage Quotient: How Science Can Make You Braver*. San Francisco, CA: Jossey-Bass.
- Bryant, F. B., and J. Veroff. 2007. *Savoring: A New Model of Positive Experience*. Mahwah, NJ: Lawrence Erlbaum Associates.
- Buschor, C., R. T. Proyer, and W. Ruch. 2013. „Self- and Peer-Rated Character Strengths: How Do They Relate to Satisfaction with Life and Orientations to Happiness?” *Journal of Positive Psychology* 8(2): 116–127. <http://doi.org/10.1080/17439760.2012.758305>.
- Carlson, E. N. 2013. „Overcoming the Barriers to Self-Knowledge: Mindfulness as a Path to Seeing Yourself as You Really Are.” *Perspectives on Psychological Science* 8(2): 173–186.
- Caunt, B. S., J. Franklin, N. E. Brodaty, and H. Brodaty. 2013. „Exploring the Causes of Subjective Well-Being: A Content Analysis of Peoples' Recipes for Long-Term Happiness.” *Journal of Happiness Studies* 14(2): 475–499.
- Cowden, R. G., and A. Meyer-Weitz. 2016. „Self-Reflection and Self-Insight Predict Resilience and Stress in Competitive Tennis.” *Social Behavior and Personality* 44(7): 1133–1150.
- Dalton, A. N., and S. A. Spiller. 2012. „Too Much of a Good Thing: The Benefits of Implementation Intentions Depend on the Number of Goals.” *Journal of Consumer Research* 39(3): 600–614. <http://doi.org/10.1086/664500>.
- Diener, E., and S. Oishi. 2005. „The Nonobvious Social Psychology of Happiness.” *Psychological Inquiry* 16(4): 162–167.
- Diener, E., and M. E. P. Seligman. 2004. „Beyond Money Toward an Economy of Well-Being.” *Psychological Science in the Public Interest* 5(1): 1–31.
- Duhigg, C. 2012. *The Power of Habit: Why We Do What We Do in Life and Business*. New York: Random House.
- Emmons, R. A., and M. E. McCullough. 2003. „Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life.” *Journal of Personality and Social Psychology* 84: 377–389.
- Flückiger, C., F. Caspar, M. Grosse Holtforth, and U. Willutzki. 2009. „Working with Patients' Strengths: A Microprocess Approach.” *Psychotherapy Research* 19(2): 213–223. <http://doi.org/10.1080/10503300902755300>.
- Flückiger, C., and M. Grosse Holtforth. 2008. „Focusing the Therapist's Attention on the Patient's Strengths: A Preliminary Study to Foster a Mechanism of Change in Outpatient Psychotherapy.” *Journal of Clinical Psychology* 64: 876–890. <http://doi.org/10.1002/jclp.20493>.
- Fowler, H., and N. A. Christakis. 2010. „Cooperative Behavior Cascades in Human Social Networks.” *Proceedings of the National Academy of Science* 107: 5334–5338.
- Freidlin, P., H. Littman-Ovadia, and R. M. Niemiec. 2017. „Positive Psychopathology: Social Anxiety via Character Strengths Underuse and Overuse.” *Personality and Individual Differences* 108: 50–54. <http://doi.org/10.1016/j.paid.2016.12.003>.

- Gable, S. L., H. T. Reis, E. A. Impett, and E. R. Asher. 2004. „What Do You Do When Things Go Right? The Intrapersonal and Interpersonal Benefits of Sharing Positive Events.” *Journal of Personality and Social Psychology* 87(2): 228–245. <http://doi.org/10.1037/0022-3514.87.2.228>.
- Gallup. 2013. „State of the American Workplace: Employee Engagement Insights for U.S. Business Leaders.” <https://news.gallup.com/reports/178514/state-american-work-place.aspx>.
- Gander, F., R. T. Proyer, W. Ruch, and T. Wyss. 2013. „Strength-Based Positive Interventions: Further Evidence for Their Potential in Enhancing Well-Being and Alleviating Depression.” *Journal of Happiness Studies* 14: 1241–1259. <http://doi.org/10.1007/s10902-012-9380-0>.
- Gardner, H. 1983. *Frames of Mind: The Theory of Multiple Intelligences*. New York: Basic Books.
- Goleman, D. 1997. *Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health*. Boston: Shambhala.
- Gollwitzer, P. M., and G. Oettingen. 2013. „Implementation Intentions.” In *Encyclopedia of Behavioral Medicine*, edited by M. Gellman and J. R. Turner. New York: Springer.
- Gordon, A. M., and S. Chen. 2016. „Do You Get Where I'm Coming From? Perceived Understanding Buffers Against the Negative Impact of Conflict on Relationship Satisfaction.” *Journal of Personality and Social Psychology* 110(2): 239–260.
- Grant, A. M., J. Frankline, and P. Langford. 2002. „The Self-Reflection and Insight Scale: A New Measure of Private Self-Consciousness.” *Social Behavior and Personality* 30(8): 821–836.
- Guo, J., Y. Wang, and X. Y. Liu. 2015. „Relation Between Marital Satisfaction and Character Strengths in Young People.” *Chinese Mental Health Journal* 29(5): 383–388.
- Hanley, A. W., A. R. Warner, V. M. Dehili, A. I. Canto, and E. L. Garland. 2015. „Washing Dishes to Wash the Dishes: Brief Instruction in an Informal Mindfulness Practice.” *Mindfulness* 6: 1095. doi: 10.1007/s12671-014-0360-9.
- Hannah, S. T., P. J. Sweeney, and P. B. Lester. 2007. „Toward a Courageous Mind-Set: The Subjective Act and Experience of Courage.” *Journal of Positive Psychology* 2(2): 129–135. <http://doi.org/10.1080/17439760701228854>.
- Harzer, C., and W. Ruch. 2015. „The Relationships of Character Strengths with Coping, Work-Related Stress, and Job Satisfaction.” *Frontiers in Psychology* 6: no. 165. <http://doi.org/10.3389/fpsyg.2015.00165>.
- Harzer, C., and W. Ruch. 2016. „Your Strengths Are Calling: Preliminary Results of a Web-Based Strengths Intervention to Increase Calling.” *Journal of Happiness Studies* 17(6): 2237–2256. <http://doi.org/10.1007/s10902-015-9692-y>.
- Hone, L. C., A. Jarden, S. Duncan, and G. M. Schofield. 2015. „Flourishing in New Zealand Workers: Associations with Lifestyle Behaviors, Physical Health, Psychosocial, and Work-Related Indicators.” *Journal of Occupational and Environmental Medicine* 57(9): 973–983. <http://doi.org/10.1097/JOM.0000000000000508>.
- Hudson, N. W., and R. C. Fraley. 2015. „Volitional Personality Trait Change: Can People Choose to Change Their Personality Traits?” *Journal of Personality and Social Psychology* 109(3): 490–507. <http://doi.org/10.1037/pspp0000021>.
- Ivtzan, I., R. M. Niemiec, and C. Briscoe. 2016. „A Study Investigating the Effects of Mindfulness-Based Strengths Practice (MBSP) on Wellbeing.” *International Journal of Wellbeing* 6(2): 1–13.
- Jewell, L. 2017. *Wire Your Brain for Confidence: The Science of Conquering Self-Doubt*. Toronto: Famous Warrior Press.
- Kashdan, T. B., D. V. Blalock, K. C. Young, K. A. Machell, S. S. Monfort, P. E. McKnight, and P. Ferssizidis. 2017. „Personality Strengths in Romantic Relationships: Measuring Perceptions of Benefits and Costs and Their Impact on Personal and Relational Well-Being.” *Psychological Assessment* 30(2): 241–258. doi: 10.1037/pas0000464.

- Kashdan, T. B., P. E. McKnight, F. D. Fincham, and P. Rose. 2011. „When Curiosity Breeds Intimacy: Taking Advantage of Intimacy Opportunities and Transforming Boring Conversations.” *Journal of Personality* 79: 1369–1401.
- Kay, K., and C. Shipman. 2014. *The Confidence Code*. New York: HarperCollins Publishers.
- Keyes, C. L. M. 2002. „The Mental Health Continuum: From Languishing to Flourishing in Life.” *Journal of Health and Social Behavior* 43: 207–222. <http://doi.org/10.2307/3090197>.
- Kurtz, J. L. 2008. „Looking to the Future to Appreciate the Present: The Benefits of Perceived Temporal Scarcity.” *Psychological Science* 19: 1238–1241. <http://dx.doi.org/10.1111/j.1467-9280.2008.02231.x>.
- Langer, E. 1989. *Mindfulness*. Reading, MA: Addison-Wesley.
- Lavy, S., H. Littman-Ovadia, and Y. Bareli. 2014. „My Better Half: Strengths Endorsement and Deployment in Married Couples.” *Journal of Family Issues* 37(12): 1730–1754. doi: 10.1177/0192513X14550365.
- Layous, K., J. Kurtz, J. Chancellor, and S. Lyubomirsky. 2018. „Reframing the Ordinary: Imagining Time as Scarce Increases Well-Being.” *Journal of Positive Psychology* 13(3): 301–308. <https://doi.org/10.1080/17439760.2017.1279210>.
- Linley, A. 2008. *Average to A+: Realising Strengths in Yourself and Others*. Coventry, England: CAPP Press.
- Marigold, D. C., J. G. Holmes, and M. Ross. 2007. „More Than Words: Reframing Compliments from Romantic Partners Fosters Security in Low Self-Esteem Individuals.” *Journal of Personality and Social Psychology* 92: 232–248. <http://doi.org/10.1037/0022-3514.92.2.232>.
- Marigold, D. C., J. G. Holmes, and M. Ross. 2010. „Fostering Relationship Resilience: An Intervention for Low Self-Esteem Individuals.” *Journal of Experimental Social Psychology* 46: 624–630. <http://doi.org/10.1016/j.jesp.2010.02.011>.
- Martela, F., and M. F. Steger. 2016. „The Three Meanings of Meaning in Life: Distinguishing Coherence, Purpose, and Significance.” *Journal of Positive Psychology* 11(5): 531–545. <http://doi.org/10.1080/17439760.2015.1137623>.
- Mazzucchelli, T. G., R. T. Kane, and C. S. Rees. 2010. „Behavioral Activation Interventions for Well-Being: A Meta-Analysis.” *Journal of Positive Psychology* 5(2): 105–121.
- McCullough, M. E., L. M. Root, and A. D. Cohen. 2006. „Writing About the Benefits of an Interpersonal Transgression Facilitates Forgiveness.” *Journal of Consulting and Clinical Psychology* 74(5): 887–897. <http://doi.org/10.1037/0022-006X.74.5.887>.
- McGonigal, K. 2015. *The Upside of Stress*. New York: Avery.
- McGrath, R. E. 2015. „Character Strengths in 75 Nations: An Update.” *Journal of Positive Psychology* 10(1): 41–52. <http://doi.org/10.1080/17439760.2014.888580>.
- McQuaid, M., and E. Lawn. 2014. *Your Strengths Blueprint: How to Be Engaged, Energized, and Happy at Work*. Albert Park, Australia: McQuaid Pty. Ltd.
- McQuaid, M., and VIA Institute on Character. 2015. „VIA Character Strengths at Work.” <https://www.viacharacter.org/blog/strengths-at-work/>.
- Myers, D. 2000. „The Funds, Friends, and Faith of Happy People.” *American Psychologist* 55: 56–67.
- Nhat Hanh, T. 1979. *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*. Boston: Beacon.
- Niemiec, R. M. 2012. „Mindful Living: Character Strengths Interventions as Pathways for the Five Mindfulness Trainings.” *International Journal of Wellbeing* 2(1): 22–33. <http://doi.org/10.5502/ijw.v2i1.2>.
- Niemiec, R. M. 2014. *Mindfulness and Character Strengths: A Practical Guide to Flourishing*. Boston: Hogrefe.
- Niemiec, R. M. 2018. *Character Strengths Interventions: A Field Guide for Practitioners*. Boston: Hogrefe.

- Niemiec, R. M., and J. Lissing. 2016. „Mindfulness-Based Strengths Practice (MBSP) for Enhancing Wellbeing, Life Purpose, and Positive Relationships.” In *Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing*, edited by I. Ivitan and T. Lomas. New York: Routledge.
- Niemiec, R. M., T. Rashid, and M. Spinella. 2012. „Strong Mindfulness: Integrating Mindfulness and Character Strengths.” *Journal of Mental Health Counseling* 34(3): 240–253. <http://doi.org/10.17744/mehc.34.3.34p6328x2v204v21>.
- Niemiec, R. M., and D. Wedding. 2014. *Positive Psychology at the Movies: Using Films to Build Character Strengths and Well-Being*. 2nd ed. Boston: Hogrefe.
- Niemiec, R. M., and A. Yarova. 2018. „Character Strengths and Health: Research Summary (Part 1).” *Chronicle of Advances in Positive Health and Well-Being* 1(1). <http://www.ippa-network.org/positive-health/character-strengths-and-health-research-summary-part-1/>.
- Oishi, S., E. Diener, and R. E. Lucas. 2007. „The Optimal Level of Well-Being: Can We Be Too Happy?” *Perspectives on Psychological Science* 2: 346–360.
- Pang, D., and W. Ruch. 2018. „The Effect of Mindfulness-Based Strengths Practice on Job Satisfaction and Task Performance: The Mediating Role of Strengths Application.” Manuscript submitted for publication.
- Park, N., C. Peterson, and M. E. P. Seligman. 2004. „Strengths of Character and Well-Being.” *Journal of Social & Clinical Psychology* 23: 603–619. <http://doi.org/10.1521/jscp.23.5.628.50749>.
- Park, N., C. Peterson, and M. E. P. Seligman. 2006. „Character Strengths in Fifty-Four Nations and the Fifty US States.” *Journal of Positive Psychology* 1(3): 118–129. <http://doi.org/10.1080/17439760600619567>.
- Peterson, C. 2006. *A Primer in Positive Psychology*. New York: Oxford University Press.
- Peterson, C., and M. E. P. Seligman. 2004. *Character Strengths and Virtues: A Classification and Handbook*. New York: Oxford University Press and Washington, DC: American Psychological Association.
- Pileggi, S. P., and J. O. Pawelski. 2018. *Happy Together: Using the Science of Positive Psychology to Build Love That Lasts*. New York: Penguin.
- Pressman, S. D., T. L. Kraft, and M. P. Cross. 2015. „It’s Good to Do Good and Receive Good: The Impact of a ‘Pay It Forward’ Style Kindness Intervention on Giver and Receiver Well-Being.” *Journal of Positive Psychology* 10(4): 293–302. <http://doi.org/10.1080/17439760.2014.965269>.
- Proyer, R. T., F. Gander, S. Wellenzohn, and W. Ruch. 2013. „What Good Are Character Strengths Beyond Subjective Well-Being? The Contribution of the Good Character on Self-Reported Health-Oriented Behavior, Physical Fitness, and the Subjective Health Status.” *Journal of Positive Psychology* 8(3): 222–232. <http://doi.org/10.1080/17439760.2013.777767>.
- Proyer, R. T., F. Gander, S. Wellenzohn, and W. Ruch. 2015. „Strengths-Based Positive Psychology Interventions: A Randomized Placebo-Controlled Online Trial on Long-Term Effects for a Signature Strengths- vs. a Lesser Strengths-Intervention.” *Frontiers in Psychology* 6: no. 456. <http://doi.org/10.3389/fpsyg.2015.00456>.
- Proyer, R. T., W. Ruch, and C. Buschor. 2013. „Testing Strengths-Based Interventions: A Preliminary Study on the Effectiveness of a Program Targeting Curiosity, Gratitude, Hope, Humor, and Zest for Enhancing Life Satisfaction.” *Journal of Happiness Studies* 14(1): 275–292. <http://doi.org/10.1007/s10902-0129331-9>.
- Pury, C. L. S. 2008. „Can Courage Be Learned?” In *Positive Psychology: Exploring the Best in People, Volume 1: Discovering Human Strengths*, edited by S. J. Lopez. Westport, CT: Praeger.
- Reis, H., S. Smith, C. Carmichael, P. Caprariello, F. Tsai, A. Rodrigues, and M. R. Maniaci. 2010. „Are You Happy for Me? How Sharing Positive Events with Others Provides Personal and

- Interpersonal Benefits." *Journal of Personality and Social Psychology* 99(2): 311–329. <http://doi.org/10.1037/a0018344>.
- Rostosky, S. S., and E. D. B. Riggle. 2017. „Same-Sex Couple Relationship Strengths: A Review and Synthesis of the Empirical Literature (2000–2016).” *Psychology of Sexual Orientation & Gender Diversity* 4(1): 1–13. <http://dx.doi.org/10.1037/sgd0000216>.
- Rust, T., R. Diessner, and L. Reade. 2009. „Strengths Only or Strengths and Relative Weaknesses? A Preliminary Study.” *Journal of Psychology* 143(5): 465–476. <http://doi.org/10.3200/JRL.143.5.465–476>.
- Ryan, R. M., and C. Frederick. 1997. „On Energy, Personality, and Health: Subjective Vitality as a Dynamic Reflection of Well-Being.” *Journal of Personality* 65(3): 529–565.
- Schmid, D., and G. Colditz. 2014. „Sedentary Behavior Increases the Risk of Certain Cancers.” *Journal of the National Cancer Institute* 106(7). <https://doi.org/10.1093/jnci/dju206>.
- Sedlmeier, P., J. Eberth, M. Schwarz, D. Zimmermann, F. Haarig, S. Jaeger, and S. Kunze. 2012. „The Psychological Effects of Meditation: A Meta-Analysis.” *Psychological Bulletin* 138(6): 1139–1171.
- Seligman, M. E. P. 1999. „The President’s Address.” *American Psychologist* 54: 559–562.
- Seligman, M. E. P. 2011. *Flourish*. New York: Free Press.
- Seligman, M. E. P., T. A. Steen, N. Park, and C. Peterson. 2005. „Positive Psychology Progress: Empirical Validation of Interventions.” *American Psychologist* 60: 410–421. <http://doi.org/10.1037/0003-066X.60.5.410>.
- Stern, D. N. 2004. *The Present Moment: In Psychotherapy and Everyday Life*. New York: W. W. Norton & Company.
- Veldorale-Brogan, A., K. Bradford, and A. Vail. 2010. „Marital Virtues and Their Relationship to Individual Functioning, Communication, and Relationship Adjustment.” *Journal of Positive Psychology* 5(4): 281–293.
- Wagner, L., F. Gander, R. T. Proyer, and W. Ruch. 2018. „Character Strengths and PERMA: Investigating the Relationships of Character Strengths with a Multidimensional Framework of Well-Being.” Manuscript accepted for publication.
- Witvliet, C. V. O., R. W. Knoll, N. G. Hinman, and P. A. DeYoung. 2010. „Compassion-Focused Reappraisal, Benefit-Focused Reappraisal, and Rumination After an Interpersonal Offense: Emotion-Regulation Implications for Subjective Emotion, Linguistic Responses, and Physiology.” *Journal of Positive Psychology* 5(3): 226–242. <http://doi.org/10.1080/17439761003790997>.
- Wood, A. M., P. A. Linley, J. Matlby, T. B. Kashdan, and R. Hurling, R. 2011. „Using Personal and Psychological Strengths Leads to Increases in Well-Being over Time: A Longitudinal Study and the Development of the Strengths Use Questionnaire.” *Personality and Individual Differences* 50: 15–19. <http://doi.org/10.1016/j.paid.2010.08.004>.

## Doporučená literatura v češtině

- Csikszentmihalyi, M. 2015. *Flow*. Praha: Portál.
- Frankl, Viktor E. 2021. *Léčba smyslem*. Praha: Portál.
- Winston, S. M., M. N. Seif. 2020. *Brouci v hlavě*. Praha: Portál.