

# Table of Contents

<b>INTRODUCTION</b>	.....	<b>11</b>
<b>THE THEORY OF THE DIPPER AND THE BUCKET</b>	.....	<b>15</b>
<b>CHAPTER ONE</b>	<b>Negativity Kills.....</b>	<b>17</b>
<b>CHAPTER TWO</b>	<b>Positivity, Negativity, and Productivity .....</b>	<b>27</b>
<b>CHAPTER THREE</b>	<b>Every Moment Matters .....</b>	<b>43</b>
<b>CHAPTER FOUR</b>	<b>Tom's Story: An Overflowing Bucket.....</b>	<b>65</b>
<b>CHAPTER FIVE</b>	<b>Making it Personal .....</b>	<b>79</b>
<b>CHAPTER SIX</b>	<b>Five Strategies for Increasing Positive Emotions .....</b>	<b>85</b>
<b>EPILOGUE</b>	.....	<b>111</b>
<b>NOTES</b>	.....	<b>116</b>
<b>SUGGESTED READING</b>	.....	<b>122</b>
<b>ACKNOWLEDGEMENTS</b>	.....	<b>124</b>