

As part of the Leadership Development Program, we provide you with with a reading list designed to complement and deepen your learning experience. This selection of influential works by leading figures in positive psychology offers diverse perspectives on personal growth, well-being, resilience, and leadership. Each book has been chosen for its relevance to the themes of self-awareness, self-regulation, optimism, and effective communication – core components of the Leadership Development Program.

You are encouraged to explore the reading list before the program starts, selecting titles that resonate with your interests or that align with specific leadership traits you wish to develop. Following the completion of the program, these reference books will continue to serve you as a valuable resource, allowing you to further reflect on what you have learned in the program and continue your personal and professional growth.

Andor Vince
Collections Care Advisor and
Positive Organisational Psychology Practitioner

Ben-Shahar, T. (2007). *Happier: Learn the secrets to daily joy and lasting fulfillment*. McGraw-Hill Education.

Ben-Shahar, T. (2009). *The pursuit of perfect: How to stop chasing perfection and start living a richer, happier life*. McGraw-Hill Education.

Ben-Shahar, T. (2021). *Happier, no matter what: Cultivating hope, resilience, and purpose in hard times*. National Geographic.

Biswas-Diener, R. (2021). *The courage quotient: How science can make you braver*. BenBella Books.

Biswas-Diener, R., & Kashdan, T. (2014). *The upside of your dark side: Why being your whole self – not just your "good" self – drives success and fulfillment*. Hudson Street Press.

Brown, B. (2010). *The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are*. Hazelden Publishing.

Brown, B. (2012). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead*. Gotham Books.

Brown, B. (2017). *Braving the wilderness: The quest for true belonging and the courage to stand alone*. Random House.

Brown, B. (2018). *Dare to lead: Brave work. Tough conversations. Whole hearts*. Random House.

Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience*. Harper & Row.

Csikszentmihalyi, M. (1997). *Finding flow: The psychology of engagement with everyday life*. Basic Books.

Duckworth, A. (2016). *Grit: The power of passion and perseverance*. Scribner.

Duckworth, A. (2020). *Grit: The new science of what it takes to persevere, flourish, and succeed* (Updated edition). Scribner.

Dweck, C. (2020). *Mindset: The new psychology of success* (Updated edition). Random House.

Fredrickson, B. (2009). *Positivity: Top-notch research reveals the 3-to-1 ratio that will change your life*. Crown.

Fredrickson, B. (2013). *Love 2.0: Finding happiness and health in moments of connection*. Hudson Street Press.

Kaufman, S. B. (2020). *Transcend: The new science of self-actualization*. TarcherPerigee.

Lyubomirsky, S. (2007). *The how of happiness: A new approach to getting the life you want*. Penguin Books.

Lyubomirsky, S. (2013). *The myths of happiness: What should make you happy, but doesn't, what shouldn't make you happy, but does*. Penguin Books.

Niemiec, R. M. (2018). *Character strengths interventions: A field guide for practitioners*. Hogrefe Publishing.

Niemiec, R. M., & McGrath, R. E. (2020). *The power of character strengths: Appreciate and ignite your positive personality*. VIA Institute on Character.

Reivich, K., & Shatté, A. (2003). *The resilience factor: 7 keys to finding your inner strength and overcoming life's hurdles*. Broadway Books.

Seligman, M. E. P. (1991). *Learned optimism: How to change your mind and your life*. Simon & Schuster.

Seligman, M. E. P. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Free Press.

Seligman, M. E. P. (2011). *Flourish: A visionary new understanding of happiness and well-being*. Atria Books.

Seligman, M. E. P., & Rosen Kellerman, G. (2023). *Tomorrowmind: Thriving at work with resilience, creativity, and connection – now and in an uncertain future*. Penguin Press.

Smith, E. E. (2021). *The power of meaning: Crafting a life that matters* (Updated edition). Crown.