

Positive psychology		Round pink sticker		
Year	TITLE	Author/s	CALL NO.	Annotation
2012	<i>Positive psychology in a nutshell: the science of happiness</i>	Ilona Boniwell	150.19 BONI	A readable and accessible introduction to positive psychology, this book lists and explains many of the terms, approaches and controversies in the field. Check out the Ten good ways to destroy a relationship on p.126, for example. Ouch.
2011	<i>Thinking, Fast and Slow</i>	Daniel Kahneman	153.4 KAHN	Kahneman takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. Kahneman exposes the extraordinary capabilities—and also the faults and biases—of fast thinking, and reveals the pervasive influence of intuitive impressions on our thoughts and behavior. The impact of loss aversion and overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the challenges of properly framing risks at work and at home, the profound effect of cognitive biases on everything from playing the stock market to planning the next vacation—each of these can be understood only by knowing how the two systems work together to shape our judgments and decisions.
2008	<i>5 Minds for the future</i>	Howard Gardner	153.42 GARD	In a time of relentless change, there's only one thing that's certain: new challenges and opportunities will emerge that are virtually unimaginable today. How can we know which skills will be required to succeed?
2013	<i>Capturing mindfulness : a guide to becoming present through photography</i>	Matthew Johnstone	153.7 DAV	
2012	<i>Freedom of mind : helping loved ones leave controlling people, cults and beliefs</i>	Steven Hassan	153.8 HASS	
2012	<i>Antifragile: Things that gain from Disorder</i>	Nassim Nicholas Taleb	155.24 TALE	Antifragile looks at how some systems actually benefit from disorder. In his previous work, <i>The Black Swan</i> Taleb outlined a problem; in <i>Antifragility</i> he offers a definitive solution: how to gain from disorder and chaos while being protected from fragilities and adverse events. For what he calls the "antifragile" is one step beyond robust, as it benefits from adversity, uncertainty and stressors, just as human bones get stronger when subjected to stress and tension. Taleb stands

				uncertainty on its head, making it desirable, and proposing that things be built in an antifragile manner. Extremely ambitious and multidisciplinary, Antifragility provides a blueprint for how to behave-and thrive-in a world we don't understand and which is too uncertain for us to even try to understand.
2006	<i>Mindset: how you can fulfil your potential</i>	Dr. Carol S. Dweck	158.1 DWEC	Dr Dweck explains why it's not just our abilities and talent that brings us success, but whether we approach our goals with a fixed or growth mindset.
2012	<i>Positive psychology: a practical guide</i>	Bridget Grenville-Cleave	158.1 GREN	
2011	<i>Flourish: a visionary new understanding of happiness and well-being</i>	Martin E.P. Seligman	158.1 SELI	" <i>Flourish</i> builds on Dr Seligman's game-changing work on optimism, motivation, and character to show how to get the most out of life, unveiling an electrifying new theory of what makes a good life – for individuals, for communities, and for nations." [back cover]
2012	<i>Quiet the mind : an illustrated guide on how to meditate</i>	Matthew Johnstone	158.12 JOH	
2013	<i>Give and Take</i>	Adam Grant	158.2 GRAN	For generations, we have focused on the individual drivers of success: passion, hard work, talent, and luck. But today, success is increasingly dependent on how we interact with others. It turns out that at work, most people operate as either takers, matchers, or givers. Whereas takers strive to get as much as possible from others and matchers aim to trade evenly, givers are the rare breed of people who contribute to others without expecting anything in return.
2010	<i>Happiness at work: maximising your psychological capital for success</i>	Jessica Pryce-Jones	158.7 PRYC	Sharing the results of her four-year research journey in simple, jargon-free language, Pryce-Jones exposes the secrets of being happy at work. Focuses on what happiness really means in a work context and why it matters to individuals and organisations in both human and financial terms. Equips readers with the information, knowledge and skills to make the most of the nearly 100,000 hours that they'll spend at work over a lifetime.
1999	<i>Coercion : why we listen to what "they" say</i>	Douglas Rushkoff	302.23 RUSH	An essential book for anyone interested in the power of the media and the mechanics of deception

2015	<i>Positive education: the Geelong Grammar school journey</i>	Jacolyn M. Norrish	370.1 NORR	
2014	<i>Mindful learning</i>	Craig Hassed & Richard Chambers	370.15 HASS	Mindfulness cultivates present-moment attention and an attitude of acceptance (rather than reactivity) of moment-by-moment experience (p.6), so its relevance to education is obvious. This readable book "... provides practical insights and exercises on how to apply mindfulness in any educational setting."
2012	<i>The emotional life of your brain</i>	Richard J. Davidson	612.8232 DAVI	This long awaited book by a pioneer in brain research offers a new model of our emotions- their origins, their power, and their malleability. For more than thirty years, Richard Davidson has been at the forefront of brain research. Now he gives us an entirely new model for understanding our emotions, as well as practical strategies we can use to change them.
2011	<i>Mindsight: transform your brain with the new science of kindness</i>	Daniel Siegel	616.8914 SIEG	From a pioneer in the field of mental health comes a ground breaking book on the healing power of "Mindsight", the capacity for insight and empathy that allows you to make positive changes in your brain – and your life.
2007	<i>Psychological capital: developing the human competitive edge</i>	Fred Luthans et al	658.314 LUTH	"... a must-have desk reference for leadership and human resources management." Looks at psychological capital (Psycap) as a human resource, and examines positive organisational behaviour (POB) in the context of the workplace.
2009	<i>Immunity to change</i>	Robert Kegan & Lisa Laskow Lahey	658.406 KEGA	A recent study showed that when doctors tell heart patients they will die if they don't change their habits, only one in seven will be able to follow through successfully. Desire and motivation aren't enough: even when it's literally a matter of life or death, the ability to change remains maddeningly elusive.
2012	<i>Webs of influence : the psychology of online persuasion : the secret strategies that make us click</i>	Nathalie Nahai	658.872 NAHA	