



# Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life

By Barbara Fredrickson

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## Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life By Barbara Fredrickson

World renowned researcher Dr. Barbara Fredrickson gives you the lab-tested tools necessary to create a healthier, more vibrant, and flourishing life through a process she calls "the upward spiral." You'll discover:

- What positivity is, and why it needs to be heartfelt to be effective
- The ten sometimes surprising forms of positivity
- Why positivity is more important than happiness
- How positivity can enhance relationships, work, and health, and how it relieves depression, broadens minds, and builds lives
- The top-notch research that backs the 3-to-1 "positivity ratio" as a key tipping point
- That your own sources of positivity are unique and how to tap into them
- How to calculate your current positivity ratio, track it, and improve it

With *Positivity*, you'll learn to see new possibilities, bounce back from setbacks, connect with others, and become the best version of yourself.

*From the Hardcover edition.*

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### Editorial Review

From Publishers Weekly

Positive psychology pioneer Fredrickson introduces readers to the power of harnessing happiness to transform their lives, backed up by impressive lab research. The author lays out the core truths and 10 forms of positivity—joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe and love—in a book that promises to change the way people look at feeling good. Disdainful of Pollyannaism, Fredrickson remains realistic in her treatment and provides scientific evidence to illustrate her findings that maintaining a 3:1 positivity ratio of positive thoughts to negative emotions creates a tipping point between languishing and flourishing. The book includes compelling case studies, concrete tips, a Positivity Self Test and a tool kit for decreasing negativity and raising the positivity ratio. Although many of Fredrickson's methods and theories (notes on meditation and karma) will seem familiar to anyone versed in yoga or eastern religions, the scientific foundation of her arguments and additional online resources ([www.positivityratio.com](http://www.positivityratio.com)) offer readers a chance to experiment with positivity and very possibly lead richer lives. (Feb.)

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Review

"Written by one of the most influential contributors to this new perspective in science, Positivity provides a wonderful synthesis of what positive psychology has accomplished in the first decade of its existence. It is full of deep insights about human behavior as well as useful suggestions for how to apply them in everyday life."

—Mihaly Csikszentmihalyi, Ph.D., author of *Flow*

"*Positivity* is literally the feel-good book of the year, providing a scientifically sound prescription for joy, health, and creativity. Read one to two chapters daily as needed or until grumpiness subsides."

—Daniel Gilbert, professor of psychology, Harvard University, and author of *Stumbling on Happiness*

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About the Author

BARBARA L. FREDRICKSON, PH.D., is Kenan Distinguished Professor of Psychology and principal investigator of the Positive Emotion and Psychophysiology Laboratory at the University of North Carolina at Chapel Hill. She is a leading scholar within social psychology, affective science, and positive psychology.

*From the Hardcover edition.*

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**Pablo McNamara:**

Book is to be different for every single grade. Book for children right up until adult are different content. As we know that book is very important for us. The book Positivity: Top-Notch Research Reveals the Upward

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**Santiago Bronson:**

The reason why? Because this Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will surprise you with the secret that inside. Reading this book beside it was fantastic author who also write the book in such amazing way makes the content interior easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of benefits than the other book get such as help improving your expertise and your critical thinking way. So , still want to hesitate having that book? If I have been you I will go to the guide store hurriedly.

**Kimberly Casselman:**

Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life can be one of your beginning books that are good idea. Most of us recommend that straight away because this book has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to put every word into pleasure arrangement in writing Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life nevertheless doesn't forget the main stage, giving the reader the hottest and also based confirm resource facts that maybe you can be among it. This great information can easily drawn you into new stage of crucial thinking.

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