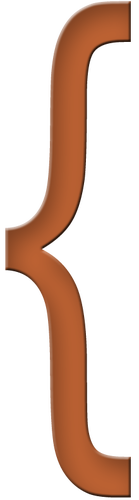
**The Pursuit of Happiness**

**…Through Libraries**

**Goals**

* Know, through experience, five methods for increasing happiness
* Create an action plan for practicing activities that lead to happiness
* Consider ways to spread happiness through libraries

“The Happiness Advantage: Research Linking Happiness and Success” - Shawn Achor

<http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work.html>

**KEY POINTS**

3 graditudes

* Each day, write three specific things for which you are grateful.

March 19



March 20



March 21



March 22



March 23



* Journal daily – One positive experience

* Exercise

* Meditate

* Perform random acts of kindness

Growing happiness

**Key Concepts, Insights, and Takeaways for my Work**



Work action planning

Work action planning pplanpplanning

**Actions I can take to apply what I have learned**



Libraries & happiness

Ideas for informing the community about the link between happiness and success, and ways to share research on methods to increase happiness.

**Library materials**

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**Programs**

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**Displays**

**Other**

Happiness materials

**Archor, Shawn**

Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change (2013)

The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work (2010)

**Emmons, Robert A. and Michael E. McCullough (**editors)

The Psychology of Gratitude (2003)

**Gilbert, Daniel**

Stumbling on Happiness (2007)

**Haidt, Jonathan**

The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom (2006)

**Hanson, Rick**

Buddha’s Brain: The Practical Neuroscience of Happiness, Love, and Wisdom (2009)

Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence (2013)

**Lyubomirsky, Sonja**

The How of Happiness: A New Approach to Getting the Life You Want (2008)

The Myths of Happiness: What Should Make You Happy, but Doesn’t, What Shouldn’t Make You Happy, but Does (2014)

**Rath, Tom and James K. Harter**

Wellbeing: The Five Essential Elements (2010)

**Reivich, Karen and Andrew Shatte**

The Resilience Factor: 7 Keys to Finding Your Inner Strengths and overcoming Life’s Hurdles (2003)

**Ricard, Mathieu and Daniel Goleman**

Happiness: A guide to Developing Life’s Most Important Skill (2007)

**Seligman, Martin**

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment (2004)

Flourish: A Visionary New Understanding of Happiness and Well-being (2012)

Learned Optimism: How to Change Your Mind and Your Life (2006)

The Optimistic Child: A Proven Program to Safeguard Children against Depression and Build Lifelong Resilience (2007)

*"The public library is*

*the center of*

*public happiness first,*

*of public education, next."*

*John Cotton Dana, A Library Primer, 1898*