**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

1.
2.
3.

March 20

1.
2.
3.

March 21

1.
2.
3.

March 22

1.
2.
3.

March 23

1.
2.
3.
* Journal daily – One positive experience

* Exercise

* Meditate

* Perform random acts of kindness

Growing happiness

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

1.
2.
3.
4.

Work action planning

Work action planning pplanpplanning

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

1.
2.
3.
4.

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*