

Recommended Reading and Study

Martin Seligman Positive Psychology: **TED talk**, [Why Is Psychology Is Not Good Enough](#)

[The Science of Virtue: Why Positive Psychology Matters to the Church](#) Mark McMinn

[Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness](#) by Rick Hanson

[The Gospel of Happiness; Rediscover Your Faith through Spiritual Practices and Positive Psychology](#), by Christopher Kaczor, is an excellent primer on the

Positive Psychology Courses

For further learning about positive psychology, two free Massive Open Online Courses (MOOC's) through Coursera are recommended:

[Positive Psychology: Martin E. P. Seligman's Visionary Science](#)

[Positive Psychology](#)