

Wheel of Well-being

References and further reading



Journals

Counting blessings versus burdens Emmons & McCullough, 2003

Altruism, health and happiness Post, 2005

Websites

The Greater Good Science Centre

<https://greatergood.berkeley.edu/relationships>

http://greatergood.berkeley.edu/article/item/why_gratitude_is_good

The Year of Happy – Relationships (by a staffer from the Greater Good Science Centre)

<https://positivepsychlopedia.com/year-of-happy/what-are-relationships/>

Good Reads

‘How Gratitude is Embodied’, Ch 3, Thanks! by Robert Emmons– graphs of heart rhythms

‘Practising gratitude and positive thinking’, Ch 4, The How of Happiness by Sonja Lyubomirsky

Bowling Alone

Robert Putnam, 2000

Ch 20 Health and Happiness

The How of Happiness

Sonja Lyubomirsky, 2007

Ch 5 Investing in Social Connections

Tapping the Power of Social Networks:

Understanding the Role of Social networks in Strengthening Families and Transforming Communities

Annie E. Casey Foundation, 2006

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References and further reading



Paper Number One, p. 8-41 (on-line pdf available)

Happiness: Unlocking the Mysteries of Psychological Wealth

Robert Biswas-Diener and Ed Diener, 2008,

CH 4 Happiness and Social relationships: you can't do without them

Happier

Tal Ben-Shahar, 2007

Ch 8 Happiness in Relationships

Me to We: Finding Meaning in a Material World

Craig and Mark Kielburger, 2004

Social Intelligence: The Revolutionary New Science of Human Relationships

Daniel Goleman, 2007

Status Syndrome

Michael Marmot, 2004

Ch. 6 Home Alone

Turning to One Another: Simple Conversations to Restore Hope to the Future

Margaret J. Wheatley, 2002



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