

Martin E.P. Seligman Curriculum Vitae
Updated: March 28, 2023

Office Address:

Positive Psychology Center
University of Pennsylvania
3720 Walnut St., Solomon Labs
Philadelphia, PA 19104

Phone: 215-898-7173

E-mail: seligman@upenn.edu

Website: <http://ppc.sas.upenn.edu/>

Website: <https://www.authentic happiness.sas.upenn.edu/>

Personal Information:

Born: August 12, 1942 in Albany, New York

Married (Mandy McCarthy Seligman), seven children: Amanda, David, Lara, Nicole, Darryl, Carly, and Jenny

DEGREES

A.B., Princeton University, summa cum laude (Philosophy), 1964

Ph.D., University of Pennsylvania (Psychology), 1967

DEGREES

Ph.D., Honoris Causa, Uppsala University, Sweden, 1989

Doctor of Humane Letters, Honoris Causa, Massachusetts College of Professional Psychology, 1997

Ph.D., Honoris Causa, Complutense University, Madrid, 2004

Doctor of Science, Honoris Causa, University of East London, 2006

Doctor of Humane Letters, Honoris Causa, Lewis and Clark University, 2012

Doctor of Public Service, Honoris Causa, Widener University, 2015

Doctor of Science, Honoris Causa, University of Buckingham, 2018

Doctorate, Honoris Causa, Royal College of Surgeons, Ireland, May 2020

Doctorate, Honoris Causa, Universidad Siglo 21, Argentina, 2021

APPOINTMENTS—recent

- 2022- [Annenberg Public Policy Center's Distinguished Research Fellows](#)
- 2020- Editorial Board, *Venustas* (Architecture Journal)
- 2018- Board of Scientific Affairs, BetterUp Laboratory
- 2017-2019 Chair, Education Committee, Global Happiness Council, United Nations
- 2016- Patron, Positive Education Society of Australia
- 2016 Founding Chair, International Positive Education Network
- 2016- Honorary Director, Tsinghua Happiness Technology Lab (Beijing)
- 2015-2019 Director, The Imagination Institute, National Philanthropic Trust
- 2014- Distinguished Senior Advisor, International Positive Education Network
- 2012-2015 Chair, Steering Committee on Prospection, Templeton Foundation
- 2011- Member, Technical Advisory Group, Measuring National Well-being Program (U.K.)
- 2010- Distinguished Senior Advisor, International Positive Psychology Association
- 2009- Zellerbach Family Professor of Psychology, University of Pennsylvania
- 2008-2019 Chair, Steering Committee on Positive Health, Robert Wood Johnson Foundation
- 2008-2014 Advisor, Comprehensive Soldier Fitness, U.S. Army
- 2004- Director, Positive Psychology Center, University of Pennsylvania

- 2006- Distinguished Senior Advisor, *Journal of Positive Psychology*
- 2001- Theodore Roosevelt Fellow, American Academy of Political and Social Science
- 2000- Director, Positive Psychology Network
- 2000- Distinguished Founding Fellow, Academy of Cognitive Therapy
- 1998- National Advisory Board, National Association for Gifted Children
- 1997- National Advisory Committee, National Interfaith Coalition for Spiritual Healthcare and Counseling
- 1997- Honorary Professor of Psychology, Department of Psychology, University of Wales, Cardiff
- 1996 - Member, National Academy of Practice in Psychology
- 1990- Society of Experimental Psychologists
- 1984- Chairman, Scientific Board, Foresight, Inc.
- 1976- Professor of Psychology, University of Pennsylvania

APPOINTMENTS—past

- 2013-2015 Advisor, Templeton Foundation
- 1989-2015 Editorial Board, *Behaviour Research and Therapy*
- 2012-14 Thinker-in-Residence, Adelaide, Australia (Premier’s Appointment)
- 2009-14 Chair, Steering Committee on Positive Neuroscience, Templeton Foundation
- 2014 Convener, Homo Prospectus, Australia, February 2014.
- 2013 Convener, Vocation and Prospection. Canterbury Cathedral, October 2013
- 2008-09 Member, Defense Health Board, subcommittee on Psychological Matters

- 2006-08 Consulting Editor, *Perspectives on Psychological Science*
- 2004-05 Member, Fellows Nominating Committee, American Academy of Political and Social Science
- 2002-05 Chair, American Psychological Society William James Award Committee
- 2000-05 Member, Board of Trustees, American Psychological Foundation
- 2000-03 Scientific Director, Values-in-Action Classification of Strengths and Virtues Project, Mayerson Foundation
- 2000-02 Member, Board of Educational Affairs, American Psychological Association
- 2000-01 Treasurer, Executive Board, Council of Scientific Society Presidents
- 2000-02 Member, Board of Educational Affairs, American Psychological Association
- 1999-2009 Robert A. Fox Leadership Professor of Psychology, University of Pennsylvania
- 1999-2002 Program Director, Positive Psychology Award, John Templeton Foundation
- 1999-2001 Member, Executive Board, Council of Scientific Society Presidents
- 1999 Past-President, American Psychological Association
- 1999-2001 Member, Executive Board, Council of Scientific Society Presidents
- 1999 Secretary, Executive Board, Council of Scientific Society Presidents
- 1998 President, American Psychological Association
- 1997-2003 Founding Editor-in-Chief, *Prevention and Treatment*, [the electronic journal of the American Psychological Association]
- 1997 President-elect, American Psychological Association
- 1997-99 Member, Board of Directors, American Psychological Association

- 1996-2000 Board of Advisors, *Parents Magazine*
- 1996-99 Penn National Commission on Society, Culture, and Community
- 1995-98 Board of Directors, Eastern Psychological Association
- 1994-95 Founding President, *InterPsych* [international electronic union of psychiatrists and psychologists]
- 1993-95 President, Division 12 (Clinical Psychology), American Psychological Association
- 1984-89 Member, MacArthur Foundation Network on Determinants and Consequences of Health-Promoting and Health-Damaging Behavior
- 1982 Visiting Fellow, Max Planck Institute, Berlin, Germany
- 1980-94 Director of Clinical Training, Department of Psychology, University of Pennsylvania
- 1975 Visiting Fellow, Maudsley Hospital, Institute of Psychiatry, University of London
- 1967-70 Assistant Professor of Psychology, Cornell University

SCIENTIFIC AND SCHOLARLY AFFILIATIONS—Past

- 1987-95 Editorial Board, *Philosophical Psychology*
- 1994 Editorial Council, *Journal of Psychological Practice*
- 1991-93 Board of Scientific Affairs, American Psychological Association
- 1990-97 Editorial Board, *Applied Psychology: An International Review*, Munich, Germany
- 1990-92 Chairman, Personnel Committee, Faculty of Arts and Sciences, University of Pennsylvania
- 1989-91 Board of Trustees, Prescott College, Prescott, AZ
- 1989-90 Member, Personnel Committee, Faculty of Arts and Sciences, University of Pennsylvania

- 1989-94 Member, Task Force on Graduate Education, American Psychological Society
- 1988-91 Public Information Committee, American Psychological Association
- 1988-90 Member, Task Force on Women and Depression, American Psychological Association
- 1988-90 Advisory Board, *Psychology Today*
- 1988-89 Member, Founding Steering Committee, American Psychological Society
- 1988-89 Member, NIMH Research Scientist Development Award Study Section
- 1986-87 Member, Personnel Committee, Faculty of Arts and Sciences, University of Pennsylvania
- 1985 Editorial Board, *The Journal of Preventive Psychiatry and Allied Disciplines*
- 1984-85 Co-Chairman, Senior Advisory Board on Longitudinal Studies of Puberty, National Institute of Mental Health
- 1981-88 Social Science Research Council: Sub-Committee on Child Development in Lifespan Perspective
- 1979-88 Social Science Research Council: Committee on Lifespan Development
- 1973-98 Clinical License (Pennsylvania)
- 1964-67 National Science Foundation, Graduate Fellow
- 1964-65 Woodrow Wilson Graduate Fellow
- 1964 Phi Beta Kappa, Sigma Xi
- 1963-64 National Science Foundation, Undergraduate Research Fellowship, Princeton University
- 1960-64 Princeton University Scholarship

Member

St. Peter's Collegian Association, honorary life member

American Psychological Association

Eastern Psychological Association

American Association for the Advancement of Science

American Psychopathological Association

Society for Research in Psychopathology

American Psychological Society

Fellow

American Association for the Advancement of Science

American Psychological Association

General Division (1)

Experimental Division (3)

Comparative Division (6)

Clinical Division (12)

Aging Division (20)

Health Division (38)

Behaviour Research and Therapy Society

Society of Behavioral Medicine

American Psychological Society

Pennsylvania Psychological Association

International Positive Psychology Association

GRANTS—current

- 2021-24 Principal Investigator, Primals Project: Seeding Catalytic Investigations in Psychology, Templeton Religion Trust, \$1,999,621.
- 2018-23 Principal Investigator, Penn Resilience Program for Law Enforcement Personnel, International Association of the Chiefs of Police (under an award from the U.S. Department of Justice), \$3,040,000.

GRANTS—past

- 2020-21 Principal Investigator, Penn Resilience Program for City of Philadelphia First Responders, \$80,000.
- 2014-19 Principal Investigator, "The World Well-Being Project: Measuring well being using big data, social media, and language analyses," Templeton Religion Trust, #TRT0048, \$3,835,702.
- 2011-19 Principal Investigator, "Positive Health & Comprehensive Soldier Fitness," Robert Wood Johnson Foundation, #68709, \$4,214,969.
- 2018 Principal Investigator, "Penn Well-Being Program for the World Bank," World Bank, \$26,000.
- 2014-17 Principal Investigator, "Advancing the Science of Imagination: Toward an Imagination Quotient," National Philanthropic Trust, \$5,647,094.
- 2017 Principal Investigator, "The Penn Resilience Program for Yale School of Medicine Physicians," Yale University, \$53,829
- 2013-16 Principal Investigator, "Prospective Psychology Stage 2: A Research Competition," John Templeton Foundation, #37495, \$3,596,214
- 2014-16 Project Director, "Master Resilience Training for Army Soldiers," Contract #W9124D-14-D-0027, \$3,084,525
- 2015-16 Project Director, "Penn Resilience Program for University of Texas System," \$627,613
- 2015-16 Principal Investigator, "Measuring the Well-being of the Spanish Population," BioIberica, \$170,000
- 2014-15 Principal Investigator, "Universal Assessment Research Program Phase 0 – Design," Templeton Religion Trust, \$199,610
- 2012-15 Principal Investigator, "Prospective Psychology Stage 1: Imagination and

- Being Drawn into the Future," John Templeton Foundation, #37494, \$3,131,708
- 2009-14 Project Director, "Master Resilience Training for Army Soldiers," U.S. Army, Contract # W91WAW-10-D-0018
* Base Year (2010): \$7,161,291
* Option Year 1 (2011): \$9,108,022
* Option Year 2 (2012-2014): \$20,068,315
- 2009 Project Director, "Resilience Curriculum Development for U.S. Army Soldiers," U.S. Army, \$1,509,955
- 2011-14 Principal Investigator, "Love Made Visible: Exploring the Role of Prosocial Motivation in Creativity," John Templeton Foundation, #55777, \$243,606
- 2011-14 Project Co-Leader, "What Are the Real Benefits of Hardship? Examining Possibilities for Behavioral Growth Following Adversity," Templeton Foundation, #558781, \$474,954
- 2008-13 Principal Investigator, "Exploring the Concept of Positive Health," Robert Wood Johnson Foundation, #63597, \$2,771,990
- 2009-13 Principal Investigator, "A New Research Competition and Network to Accelerate Progress at the Interface of Positive Psychology and Neuroscience," Templeton Foundation, #13759, \$5,816,793
- 2005-08 Principal Investigator, "Grit Research," John Templeton Foundation, #11544
- 2005-07 Principal Investigator, "Positive Psychology Research," John Templeton Foundation, #11286
- 2002-06 Principal Investigator, "Prevention of Depression in School Children," National Institute of Mental Health, MH 52270
- 2001-06 Principal Investigator, "Prevention of Depression with a Web-Based Supplement," National Institute of Mental Health, MH63430
- 2003-04 Principal Investigator, "Learned Optimism and the Empowerment of People with Disabilities," U.S. Department of Education subcontract from George Washington University, Grant #H264A980002
- 2002-06 Principal Investigator, "Positive Psychology and the Cultivation of Character Among Youth," Fund for the Improvement of Education: Partnerships in Character Education Program, U.S. Department of

- Education, R215S020045
- 2002-04 Principal Investigator, "Positive Youth Development as a Means of Preventing Disorders, Violence, and Suicide," Annenberg Sunnyslans Trust Foundation
- 2001-03 Principal Investigator, "Positive Psychology Young Scholars Grants Program," John Templeton Foundation, #1605
- 2000-02 Principal Investigator, "Positive Psychology Prize," John Templeton Foundation, #1119
- 1999-2004 Principal Investigator, "The Positive Psychology Network," The Atlantic Philanthropies
- 1999-2003 Principal Investigator, "The Positive Psychology Network," The Annenberg Foundation
- 1996-2001 Principal Investigator: "Prevention of Depression in School Children," National Institute of Mental Health, MH 52270
- 1991-2001 Principal Investigator: "Prevention of Depression by Change in Explanatory Style," National Institute of Mental Health, MH 19604
- 1991-2001 Merit Award, National Institute of Mental Health
- 1987-90 Principal Investigator: "Explanatory Style as a Predictor of Mortality and Morbidity," National Institute of Aging, AG0550
- 1985-92 Principal Investigator: "Helplessness and Attributional Style in Children", National Institute of Mental Health, MH 40142
- 1974-77 Principal Investigator: "Learned Helplessness, Depression and Social Behavior," National Science Foundation, SOC 74 12063
- 1971-91 Principal Investigator: "Depression and Learned Helplessness" and other titles, National Institute of Mental Health, MH 19604
- 1969-71 Principal Investigator: "Helplessness and Chronic Fear," National Institute of Mental Health, MH 16546

AWARDS

- 2023 Named Single Most Influential Psychologist in the World for 2023 and 2010-2020 by Academic Influence
<https://academicinfluence.com/rankings/people/most-influential-psychologists-today>
<https://academicinfluence.com/rankings/people/most-influential-psychologists-today#seligman>
- 2019 Frankfurt Institute, Lifetime Achievement Award
- 2018 Positive Education Society of Australia, Lifetime Achievement Award
- 2017 American Psychological Association, Lifetime Contributions to Psychology Award
- 2016 Novus, United Nations Award for Quality Education
- 2015 Changing Minds Award, Blue Gene Gala
- 2014 The Tang Award for Lifetime Achievement in Psychology
- 2011 Nominated, Nobel Peace Prize
- 2010 Life Achievement Award, Beijing Normal University, School of Psychology. Ministry of Education, People's Republic of China
- 2010 Tanner Lecturer, University of Michigan, Tanner Human Values Lecture
- 2010 Albany Academy Distinguished Alumni Award
- 2009 Inaugural British Academy Wiley Prize in Psychology (for Lifetime Achievement)
- 2007 Master Lecturer, American Psychological Association
- 2006 Distinguished Scientific Contribution Award, American Psychological Association
- 2005 Best Book in Clinical Medicine, Association of American Publishers. Treating and preventing adolescent mental health disorders: What we know and what we don't know.

- 2005 Distinguished Scientific Achievement Award, Division 12 (Clinical), American Psychological Association
- 2004 NAGC President's Award, National Association for Gifted Children
- 2003 Best Psychology Book, Books for A Better Life. *Authentic Happiness*.
- 2003 Grace of the Moment Medal, Elka Wintergarten Foundation
- 2002 Lifetime Achievement Award, California Psychological Association
- 2001 Theodore Roosevelt Fellow, American Academy of Political and Social Science
- 2002 Presidential Citation for Lifetime Achievement, American Psychological Association
- 2000 Arthur Staats Award for Unification of Psychology
- 1998 Psi Chi Frederick Howell Lewis Distinguished Lecturer
- 1998 Kaiser-Permanente Distinguished Contribution to Public Health Award
- 1997 Best of the Bulletin Award (for best feature article), American Psychological Association, Division 42 (Independent Practice)
- 1997 Zubin Award, Society for Research in Psychopathology (for lifetime achievement)
- 1996- Member, National Academy of Practice
- 1996 Master Lecturer, American Psychological Association
- 1995 Distinguished Practitioner, National Academy of Practice in Psychology
- 1995 James McKeen Cattell Fellow Award, American Psychological Society (for applications of scientific knowledge)
- 1995 Distinguished Scientific/Professional Contribution Award, Pennsylvania Psychological Association
- 1992 Distinguished Scientist Lecturer, American Psychological Association
- 1992 Distinguished Contribution Award for Basic Research with Applied

- Relevance, American Association of Applied and Preventive Psychology
- 1991 William James Fellow Award, American Psychological Society (for contributions to basic science)
- 1988 G. Stanley Hall Lecturer (honoring one undergraduate teacher of abnormal psychology in the U.S.), American Psychological Association
- 1986 Distinguished Scientific Contribution Award, American Psychological Association, Division 12 (Clinical), Section 3 (Experimental)
- 1978-79 Fellow, Center for Advanced Study in Behavioral Sciences, Stanford, CA
- 1976 Distinguished Scientific Contribution Award (for early career contribution in animal learning), American Psychological Association
- 1974-75 Guggenheim Fellow
- 1964-67 National Science Foundation Graduate Fellowship, University of Pennsylvania
- 1964-65 Woodrow Wilson Fellowship
- 1964 Philosophy of Mind Prize, Princeton University

BOOKS

A. Seligman, M. E. P., & Hager, J. (Eds.). (1972). *Biological boundaries of learning*. New York: Appleton-Century-Crofts.

B. Seligman, M.E.P. (1975). *Helplessness: On depression, development, and death*. San Francisco: W. H. Freeman.

Editions:

1. *Helplessness*. (1976). Tokyo: Tuttle-Mori Agency, Inc. (Japanese).
2. *Hjalphloshet*. (1976). Stockholm: Albert Bonniers (Swedish).
3. *Hiflosigkeit*. (1976). Munich: Urban and Schwarzenburg (German). Two editions.

4. *Desamparo*. (1977). Sao Paulo: Hucitec-Edsup (Portuguese).
5. *Helplessness*. (1977). Seoul (Korean).
6. *Helplessness*. (1978). Rome: Bulzoni Editore (Italian).
7. *Hulpeloosheid*. (1979) Netherlands: Nelissen and Bloemendaal (Dutch).
8. *Helplessness*. (1981). Tokyo: Seishin Shobo Ltd. (Japanese).
9. *Indefension*. (1981). Madrid: Editorial Debate (Spanish).
10. *Helplessness*. (2019). Beijing: China Renmin University Press (Chinese Simplified).

C. Maser, J., & Seligman, M.E.P. (Eds.). (1977). *Psychopathology: Experimental models*. San Francisco: W. H. Freeman.

Edition:

1. *Modelos Experimentales en Psicopatologia*. (1983) Madrid: Ikhambra Universidad (Spanish).

D. Garber, J., & Seligman, M.E.P. (Eds.). (1980). *Human helplessness: theory and applications*. New York: Academic Press.

E. Rosenhan, D.L., & Seligman, M.E.P. (1984). *Abnormal psychology*. New York: W. W. Norton.

F. Rosenhan, D.L., & Seligman, M.E.P. (1989). *Abnormal psychology*. (2d ed.). New York: W. W. Norton.

Edition:

1. *Psychopatologia*. (1994). Warsaw: Polskie Towarzystwo Psychologiczne, (Polish).

G. Seligman, M.E.P. (1990). *Learned optimism*. New York: Knopf.

Editions:

1. (1990). *El Optimismo Se Adquiere*. Buenos Aires: Editorial Atlantida, (Spanish, Argentina).

2. (1991). *Pessimismus Kusst Man Nicht*. Munich: Droemer, (German).
3. (1991). Tokyo: *Kodansha*, (Japanese). Paperback: *Kodansha* (1995).
4. (1991). *Optimisme Kun Je Leren*. Utrecht: Het Spectrum (Dutch).
5. (1992). *Apreda a Ser Otimista*. Rio de Janeiro: Distribuidora Record de Servicos de Imprensa, S.A., (Portuguese, Brazil).
6. (1992). Australian Edition. Sydney: Random-Century.
7. (1992). *Optimistin Kasikrja*. Finland: Otava (Finnish).
8. (1993). Warsaw: Media Rodzina, (Polish).
9. (1994). *Apprendre L'Optimisme*. Paris: InterEditions (French).
10. (1995). Montreal: Editions Sogides (French).
11. (1996). *Imparare L'Ottimismo*. Florence: Giunti Gruppo Editoriale (Italian).
12. (1996). Taipei, Taiwan: Yuan-Liou Press (Chinese, complex).
13. (1996). Seoul, Korea: Origin (Korean).
14. (1997). Moscow, Russia: Perseus Publishers (Russian)
15. (1998). Barcelona, Spain: Ediciones Grijalbo (Spanish).
16. (1998). Taipei, Taiwan: Xinhua (Chinese, simple).
17. (2000). Warsaw: Media Rodzina (Polish).
18. (2001). Seoul, Korea: Origin (Korean).
19. (2001). Bulgaria: Kibea (Bulgarian).
20. (2002). Oslo, Norway: Forlaget WEM (Norwegian).
21. (2002). Riyadh, Saudi Arabia: Jarir (Arabic).
22. (2003). Bucharest, Romania: Humanitas (Romanian).

23. (2005). Croatia: I.E.P. (Croatian).
24. (2005). Turkey: Hekimler Yayin Birliđi (Turkish).
25. (2007). Budapest: Laurus (Hungarian).
26. (2007). Thailand: WeLearn (Thai).
27. (2007). Taiwan: Yuan-Liou Publishing Co., Ltd. (Chinese, complex).
28. (2007). Korea: Book 21 (Korean).
29. (2007). Beijing: China Renmin University Press (Chinese, simplified).
30. (2008). Paris: Dunod Editeurz (French).
31. (2008). Indonesia: Salamadani (Indonesian).
32. (2008). Ljubljana: Mladinska Knjijiga Zalozba (Slovene).
33. (2008). Hungary: Lexecon (Hungarian).
34. (2010). Warsaw: Harbor Point Sp. z o.o. (Polish)
35. (2011). Milano, Italy: Sperling & Kupfer Editori (Italian).
36. (2012). Tianjin Eco-City, P.R. China: Cheers Publishing (Chinese).
37. (2012). Barcelona, Spain: Random House Mandadori S.A. (Spanish).
38. (2012). Moscow: Alpina Non-Fiction (Russian).
39. (2012). Tokyo: Pan Rolling Inc. (Japanese).
40. (2012). Prague: Pavel Dobrovsky – Beta s.r.o. (Czech).
41. (2015). Riyadh, Saudi Arabia Jarir Bookstore (Arabic).
42. (2015). Italy: Giunti Publishing Group (Italian).
43. (2015). Warsaw: Medina Rodzina (Polish).
44. (2015). Taiwan: Yuan-Liou Publishing Co. (Chinese, complex).

45. (2015). Turkey: Bigbang Yayinlari (Turkish).
46. (2017). Brazil: Editora Objetiva (Portuguese).
47. (2018). UK: Nicholas Brealey.
48. (2022). Estonia: Rahva Raamat (Estonian).
49. (2022). France: Editions J'ai Lu (France).
50. (2022). Lithuania: Leidykla Sofoklis (Lithuanian).

Other Editions:

Book of the Month Club (1991).

Rodale Press Book Club (1991).

Psychotherapy and Social Science Book Club (1991).

Quality Paperback Book Club (1991).

Paperback Edition: Pocket Books (Simon & Schuster) (1991).

Audio Edition: Simon & Schuster (1991).

H. Seligman, M.E.P. (1991). *Helplessness: On depression, development, and death*. (2d ed.). New York: W. H. Freeman.

I. Peterson, C., Maier, S., & Seligman, M.E.P. (1993). *Learned helplessness: A theory for the age of personal control*. New York: Oxford.

Edition:

1. (2000). Osaka: Nihei-sha, (Japanese).

J. Buchanan, G., & Seligman, M.E.P. (Eds.). (1995). *Explanatory style*. Hillsdale, N.J.: Erlbaum.

K. Seligman, M.E.P. (1994). *What you can change and what you can't*. New York: Knopf.

Editions

1. Australian Edition. (1994). Sydney: Random-Century
2. (1994). Warsaw: Media Rodzina (Polish).
3. (1994). *Psychologie heute* (German).
4. (1995). *No puedo ser mas alto pero puedo ser mejor*. Barcelona: Grijalbo Mondadori S.A. (Spanish).
5. (1995). *O que voce pode e o que nao pode modar*. Rio de Janeiro: Editora Objetiva (Portuguese).
6. (1995). *Changer oui c'est possible*. Paris: Editions Sogides (French).
7. (1997). Moscow: Persei (Russian).
8. (1999). Taiwan: Yuan-Liou Publishing Co. (Chinese).
9. (2003). Taiwan: Yuan-Liou Publishing Co. (Chinese, complex).
10. (2004). Warsaw: Media Rodzina (Polish).
11. (2005). Riyadh, Saudi Arabia: Jarir (Arabic).
12. (2005). Turkey: Hekimler Yayin Birliigi (Turkish).
13. (2007). Beijing: China Renmin University Press (Chinese, simplified).
14. (2007). Portugal: Pergaminho (Portuguese).
15. (2008). Seoul: Mulpure Publishing Co. (Korean).
16. (2008). SC Humanitis SA. (Romanian).
17. (2008). Mladinska Kngiga Založba (Slovene).
18. (2010). Warsaw: Harbor Point, Sp. z o.o. (Polish).
19. (2011). Beijing: Cheers Publishing (Chinese, simplified).
20. (2011). Budapest: Akademiai Kiado, Hungary (Hungarian).

21. (2012). Quebec: Messageries ADP (French).
22. (2012). Paris: Interforum editis (French).
23. (2012). Fribourg: Interforum editis Suisse (French).
24. (2012). Belgium: Interforum Benelux S.A. (French).
25. (2012). Luxembourg: InterForum Benelux S.A. (French).
26. (2014). France: J'ai Lu (French).
27. (2014). Beijing: Cheers Publishing (Chinese, simplified).
28. (2014). Taiwan: Yuan-Liou (Chinese, complex).
29. (2015). Warsaw: Medina Rodzina (Polish).

Other Editions:

Book of the Month Club (1994)

Audio Edition: Simon and Schuster (1994)

Paperback edition, Ballantine (1995)

L. Rosenhan, D.L., & Seligman, M.E.P. (1995). *Abnormal psychology*. (3d ed.). New York: W. W. Norton.

M. Seligman, M.E.P., Reivich, K., Jaycox, L., & Gillham, J. (1995). *The optimistic child*. New York: Houghton Mifflin.

Editions:

1. Australian edition. (1995). Sydney: Random House.
2. (1997). Hamburg: Rowohlt (German).
3. (1997). Warsaw: Media Rodzina (Polish).
4. (1998). *Det optimistiska barnet*. Jonkoping: Brain Books (Swedish).
5. (1998). Am oved (Hebrew).

6. (1998). Taipei, Taiwan: Yuan-Liou Press (Chinese, complex).
7. (1999). Ninos Optimistas. Barcelona: Grijalbo, (Spanish).
8. (2004). Origin (Korean).
9. (2004). Random House Mondadori (Spanish).
10. (2004). Shanghai Literature & Arts (Chinese, simple).
11. (2004). Taiwan: Yuan-Liou Publishing Co. (Chinese, complex).
12. (2004). Diamond (Japanese).
13. (2005). Jarir Bookstore (Arabic).
14. (2005). Sperling & Kupfer (Italian).
15. (2005). Croatia: I.E.P. (Croatian).
16. (2007). Beijing: China Renmin University (Chinese, simplified).
17. (2008). Taiwan: Yuan-Liou Publishing Co., Ltd. (Chinese, complex).
18. (2008). Budapest: Profil Training Kft. (Hungarian).
19. (2009). Warsaw: Graal Ltd. (Polish).
20. (2010). Ljubljana: Modrijan (Slovene).
21. (2011). Seoul: Mulpure (Korean).
22. (2012). Quebec, Canada: Sogides Ltee (French).
23. (2013). Tianjin, P.R. China: Cheers Publishing Company (Chinese, simplified)
24. (2014). Taiwan: Yuan-Liou Publishing Company (Chinese, complex)
25. (2014). Moscow: Mann, Ivanov and Ferber (Russian).
26. (2014). Paris: Marabout (France).
27. (2018). Romania: Humanitas (Romanian).

28. (2018). UK: Nicholas Brealey.
29. (2021). Brazil: Objetiva Brazil (Portuguese).
30. (2022). Estonia: Rahva Raamat (Estonian).

Other Editions:

Book of the Month Club, 1995

Paperback edition, Harper Collins, 1996

Audio Edition: Harper Collins, 1996

N. Seligman, M.E.P. (1998). *Learned optimism*. (2d ed.). New York: Pocket Books (Simon and Schuster).

O. Seligman, M.E.P., & Rosenhan, D.L. (1998). *Abnormality*. New York: W.W. Norton.

P. Gillham, J.E. (Ed). (2000). *The science of optimism and hope: research essays in honor of Martin E. P. Seligman*. Radnor, PA: Templeton Foundation Press.

Q. Seligman, M.E.P., Walker, E., & Rosenhan, D.L. (2001). *Abnormal psychology*. (4th ed.) New York: W.W. Norton.

R. Chirot, D., & Seligman, M.E.P. (Eds.) (2001). *Ethnopolitical warfare: Causes, consequences, and possible solutions*. Washington, D.C.: APA Press.

S. Seligman, M.E.P. (2002). *Authentic Happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. New York: Free Press.

Editions:

1. (2002). NSW, Australia: Random House Australia.
2. (2002). Utrecht, The Netherlands: Uitgeverij Het Spectrum BV (Dutch).
3. (2003). Munich, Germany: Ehrenwirth/Luebbe (German).
4. (2003). Israel: Modan Publishers (Hebrew).
5. (2003). Taiwan: Yuan-Liou (Chinese, Complex).

6. (2003). Rio de Janeiro, Brazil: Editora Objetiva (Portuguese).
7. (2003). Milan, Italy: Sperling & Kupfer (Italian).
8. (2003). Madrid, Spain: Ediciones B (Spanish).
9. (2003). Euromedia, (Czech).
10. (2003). CITIC, (Chinese simple).
11. (2003). UK: Nicholas Brealey Publishing (English).
12. (2003). Aspect (Japanese).
13. (2003). Seoul: Malpure (Korean).
14. (2003). Aschehoug (Danish).
15. (2003). Warsaw: Media Rodzina (Polish).
16. (2003). Ediciones d'Ada (French).
17. (2003). Livanis (Greek).
18. (2004). Khabarovsk (Russian).
19. (2005). Turkey: Hekimler Yayin Birliigi (Turkish).
20. (2005). Indonesia: Mizan Publishing (Indonesian).
21. (2006). Russia: Sophia (Russian).
22. (2006). Riyadh: Jarir Bookstore (Arabic).
23. (2007). Budapest: Profil Training Kft. (Hungarian).
24. (2007). Norway: Kaleidoskopet (Norwegian).
25. (2007). Taiwan: Yuan-Liou Publishing Co., Ltd. (Chinese, complex).
26. (2007). Beijing: China Renmin University Press (Chinese, simplified).
27. (2007). Thailand: WeLearn (Thai).

28. (2007). Sweden: Optimal/Pagina Forlags AB (Swedish).
29. (2008). Romania: SC Humanitas (Romanian).
30. (2008). Helsinki: Art House Group (Finnish).
31. (2008). Estonia: Pilgrim Group (Estonian).
32. (2008). Portugal: Pergaminho (Portuguese).
33. (2010). Russia: Mann, Ivanov and Ferber (Russian).
34. (2010). Serbia: Zavod Za Udzebnike (Serbian).
35. (2010). Beijing: Cheers Publishing (Chinese, simplified).
36. (2010). Mulpure Publishing (Korean).
37. (2011). Rio de Janiero, Brazil: Editora Objetiva (Portuguese).
38. (2011). Lithuania: UAB Baltic (Lithuanian).
39. (2011). Barcelona: Ediciones B (Spanish).
40. (2011). Paris: InterEditions (French).
41. (2011). Copenhagen: Forlaget MindSpace (Danish).
42. (2012). Tianjin Eco-City, P.R. China: Cheers Publishing (Chinese).
43. (2014). Aspect (Japanese)
44. (2014). Taiwan: Yuan-Liou Publishing Co. (Chinese, complex)
45. (2015). Turkey: Bigbang Yayinlari (Turkish).
46. (2015). Euromedia (Czech).
- 47.(2018). Italy: Il Quadrante (Italian).
- 48.(2019). Romania: SC Humanitas (Romanian).
- 49.(2021). Japan: Pan Rolling (Japanese).

50. (2022). France: Editions J'ai Lu (French).

Other Editions:

Audio Edition: Simon & Schuster Audio, 2003

T. Peterson, Christopher & Seligman, M.E.P. (2004). *Character strengths and virtues: A handbook and classification*. Washington, D.C.: APA Press and Oxford University Press.

Editions:

1. (2016). Seoul: Korea Counseling Centre (Korean).

U. Evans, D. L., Foa, E., Gur, R., Hendrin, H., O'Brien, C., Seligman, M.E.P. & Walsh, B.T. (Eds.). (2006). *Treating and preventing adolescent mental health disorders: What we know and what we don't know*. NY: Oxford University Press, The Annenberg Foundation Trust at Sunnylands, and The Annenberg Public Policy Center of the University of Pennsylvania.

V. Seligman, M.E.P. (2007) *What you can change and what you can't*. (2nd ed.) NY: Vintage.

W. Seligman, M.E.P., Reivich, K., Jaycox, L., & Gillham, J. (2007). *The optimistic child*. (2nd ed.) NY: Mariner Books.

X. Seligman, M.E.P. (2011). *Flourish: a visionary new understanding of happiness and well-being*. NY: Free Press.

Editions:

1. (2011). Beijing: Cheers Publishing (Chinese, simplified).

2. (2011). Denmark: Mindspace (Danish).

3. (2011). Warsaw: Harbor Point (Polish).

4. (2011). Seoul: Mulpure (Korean).

5. (2011). Rio de Janeiro, Brazil: Editora Objetiva (Portuguese).

6. (2011). London: Nicholas Brealey.

7. (2011). ANZ: Random House Australia.
8. (2011). Paris: Belfond. (French).
9. (2011). Munich: Koesel. (German).
10. (2011). Tokyo: Discover 21 (Japanese).
11. (2011). Warsaw: Media Rodzina (Polish).
12. (2011). Madrid: Ediciones B (Spanish).
13. (2011). Latin America: Grupo Oceano (Spanish).
14. (2011). Alfragide, Portugal: Estrelha Polar (Portuguese).
15. (2011). Barcelona: Ediciones B (Spanish).
16. (2011). Taiwan: Yuan-Liou (Chinese, complex).
17. (2011). Torino, Italy: Edizioni Lindau (Italian).
18. (2011). Bandung, Indonesia: Mizan (Indonesian).
19. (2012). Moscow: Mann, Ivanov and Ferber (Russian).
20. (2012). Mexico: Editorial Oceano (Spanish).
21. (2014). Czech Republic: Jan Melvil (Czech).
22. (2015). Tianjin Eco-City: Cheers Publishing (Chinese, simplified)
23. (2017). Bulgaria: Hermes Books (Bulgarian).
24. (2017). Hungary: Akademiai Kido (Hungarian).
25. (2021). China: Beijing Xiron Publishing (Chinese Simplified).

Other Editions:

Audio Edition: Simon and Schuster Audio, 2011

Y. Seligman, M.E.P., Railton, P., Baumeister, R.F., & Sripada, C.S. (2016). *Homo prospectus*. NY: Oxford University Press.

1. (2025). China: China Renmin University Press of Beijing (Simplified Chinese).

Z. Greene, J., Morrison, I., & Seligman, M. (Eds). (2016). *Positive Neuroscience*. NY: Oxford University Press.

ZA. Evans, D., Foa, E., Gur, R., Hendin, H., O'Brien, C., Romer, D., Seligman, M., & Walsh, T. (2017). *Treating and preventing adolescent mental health disorders*. Second edition. NY: Oxford University Press.

ZB. Seligman, M. (2018). *The hope circuit: A psychologist's journey from helplessness to optimism*. NY: Public Affairs (Hachette).

Editions:

1. (2018). Audio Edition: Hachette Audio.
2. (2018). Australia: Random House Australia
3. (2018). UK: Nicholas Brealey
4. (2018). China: Cheers Publishing Co. (Chinese, simplified).
5. (2018). Italy: Giunti (Italian).
6. (2018). Japan: Wholeness Process, Inc. (Japanese).
7. (2018). Romania: Humanitas (Romanian).
8. (2018). Russia: Mann, Ivanov & Ferber (Russian).
9. (2018). Spain: Ediciones B S.A. (Spanish).
10. (2018). Taiwan: Yuan-Liou Publishing Co. (Chinese, complex).

ZC. Rashid, T. & Seligman, M. (2018). *Positive psychotherapy: Clinician manual*. N.Y.: Oxford University Press.

Editions:

1. (2018). Japan: Oxford University Press (Japanese).
2. (2018). Germany: Oxford University Press (German).

3. (2018). Portugal: Oxford University Press (Portuguese).
4. (2018). France: Oxford University Press (French).
5. (2019). China: (Complex Chinese).
6. (2019). South Korea: Mulpure Publishing (Korean).
7. (2019). Netherlands: Hogrefe Uitgevers (Dutch).

ZD. Rashid, T. & Seligman, M. (2018). *Positive psychotherapy: Workbook*. N.Y.: Oxford University Press.

Editions:

1. (2018). Germany: Oxford University Press (German).
2. (2019). Netherlands: Hogrefe Uitgevers (Dutch).
3. (2023). South Korea: Mulpure Publishing Co. Ltd. (Korean).

ZE. Kellerman, G. and Seligman, M. (2022). *TomorrowMind*. N.Y.: Atria/Simon & Schuster.

Editions:

1. (2023). Audio Edition: Simon & Schuster Audio.
2. (2022). London: Nicholas Brealey/Hachette (English).
3. (2023). Munich, Germany: Ariston Verlag/Random House Germany (German).
4. (2023). Milan, Italy: ROI Editizioni (Italian).
5. (2023). Warsaw, Poland: Mt. Biznes (Polish).
6. (2024). Rio de Janeiro: Editora Objetiva (Brazilian Portuguese).
7. (2024). Beijing: China Machine Press (Simplified Chinese).
8. (2024). Budapest, Hungary: HVG (Hungarian).
9. (2024). Seoul, South Korea: Random House Korea (Korean).

10. (2024). Barcelona, Spain: Cupula (Castilian Spanish).

SCIENTIFIC AND SCHOLARLY PUBLICATIONS

2023

339. Genecov, M. & Seligman, M. (2023). Optimism and pessimism. In D.J. A. Dozois & K. S. Dobson (Eds.), *Treatment of psychosocial risk factors in depression* (pp. 253–280). American Psychological Association.

<https://doi.org/10.1037/0000332-012>

340. Rashid, T., Summers, R.F. & Seligman, M. (2023). Positive Psychology Model of Mental Function and Behavior. In A. Tasman, M.B. Riba, T.G. Schulze, C.H. Ng, C.A. Alfonso, D. Lecic-Tosevski, S. Kanba, R.D. Alarcon, & D.M. Ndeti (Eds.). *Tasman's Psychiatry* (Fifth Edition). Cham, Switzerland: Springer Nature Switzerland AG.

341. Kellerman, G.R. & Seligman, M. (2023). Reimagining HR for better well-being and performance. *MIT Sloan Management Review*, Spring 2023 Issue.

<https://sloanreview.mit.edu/article/reimagining-hr-for-better-well-being-and-performance/>

342. Seligman, M. (2023). Memories of Jack. *Journal of Behavior Therapy and Experimental Psychiatry*, Special Issue in Honour of Stanley (Jack) Rachman, 78,

<https://doi.org/10.1016/j.jbtep.2022.101798>

343. Kellerman, G.R. & Seligman, M. (2023). Cultivating the four kinds of creativity. *Harvard Business Review*, January-February Issue.

<https://hbr.org/2023/01/cultivating-the-four-kinds-of-creativity>

344. Seligman, M. (2023). How to Manage Catastrophic Thinking. *Time*, January 5, 2023. <https://time.com/6244557/catastrophic-thinking-how-to-manage/>

2022

335. Lester, P.B., Diener, E., & Seligman M. (2022). Top performers have a superpower: Happiness: A large-scale study found that well-being predicts outstanding job performance. *MIT Sloan Management Review*, Spring 2022 Issue.

<https://sloanreview.mit.edu/article/top-performers-have-a-superpower-happiness/>

336. Eubanks, A., Reece, A., Liebscher, A., Ruscio, A.M., Baumeister, R., and Seligman, M. (2022). Pragmatic Propection is linked with positive life and workplace outcomes, PsyArXiv Preprints, May 17, 2022, <https://psyarxiv.com/af9hj/>

337. Seligman, M. (2022). Psychological history and predicting the future. *Possibility Studies and Society*, <https://doi.org/10.1177/27538699221128224>

338. Seligman, M. (2022). The robust benefits of positive psychology interventions: Examining the evidence. *Psychology Today*, September 30. <https://www.psychologytoday.com/us/blog/positive-psychology/202209/the-robust-benefits-positive-psychology-interventions>

2021

328. Seligman, M.E.P. (2021). Agency in Greco-Roman philosophy. *Journal of Positive Psychology*, 16(1), 1-10. <https://www.tandfonline.com/doi/full/10.1080/17439760.2020.1832250>

329. Yaden, D.B., Giorgi, S., Kern, M.L., Adler, A., Ungar, L.H., Seligman, M.E.P., & Eichstaedt, J.C. (2021). Beyond beliefs: Multidimensional Aspects of Religion and Spirituality in Language. *Psychology of Religion and Spirituality*. <http://dx.doi.org/10.1037/rel0000408>

330. Giorgi, S., Nguyen, K.L., Eichstaedt, J.C., Kern, M.L., Yaden, D.B., Kosinski, M., Seligman, M.E.P., Ungar, L.H., Schwartz, H.A., & Park, G. (2021). Regional Personality Assessment through Social Media Language. *Journal of Personality*. <https://onlinelibrary.wiley.com/doi/10.1111/jopy.12674>

331. Zhao, Y., Seligman, M.E.P., Peng, K., Ye, L., Liang, C., Wang, H., & Gao, H. (2021). Agency in ancient China. *Journal of Positive Psychology*, 1-15. <https://doi.org/10.1080/17439760.2021.1926533>

332. Lester, P.B., Stewart, E.P., Vie, L.L., Bonett, D.G., Seligman, M.E.P., & Diener, E. (2021). Happy soldiers are highest performers. *Journal of Happiness Studies*, 1-22. <https://doi.org/10.1007/s10902-021-00441-x>

333. Chopik, W.J., Kelley, W.L., Vie, L.L., Lester, P.B., Bonett, D.G., Lucas, R.E., & Seligman, M.E.P. (2021). Individual and experiential predictors of character development across the deployment cycle. *European Journal of Personality*, 1-19, <http://dx.doi.org/10.1177/08902070211012931>

334. Seligman, M. (2021). Effectiveness of Positive Psychology: Setting the record straight. *Chronicle of Higher Education*. June 14, 2021. <https://www.chronicle.com/article/effectiveness-of-positive-psychology>

2020

325. Kubzansky L.D., Boehm J.K., Allen A.R., Vie L.L., Ho T.E., Trudel-Fitzgerald C., Koga H.K., Scheier L.M., & Seligman M.E.P. (2020). Optimism and risk of incident hypertension: A target for primordial prevention. *Epidemiology and Psychiatric Sciences*, 29, 1-9. <https://doi.org/10.1017/S2045796020000621>

326. Eichstaedt, J.C., Kern, M.L., Yaden, D.B., Schwartz, H.A., Giorgi, S., Park, G., Hagan, C.A., Tobolsky, V., Smith, L.K., Buffone, A., Iwry, J., Seligman, M.E.P., & Ungar, L.H. (2020). Closed and Open Vocabulary Approaches to Text Analysis: A Review, Quantitative Comparison, and Recommendations. *Psychological Methods*. <https://psyarxiv.com/t52c6/>

327. Chopik, J.C., Kelley, W.L., Vie, L.L., Oh, J., Bonett, D.G., Lucas, R.E., & Seligman, M.E.P. (2020). Development of character strengths across the deployment cycle among U.S. Army soldiers. *Journal of Personality*, 89 (1), 23-34. <http://dx.doi.org/10.1111/jopy.12564>

2019

317. Seligman, M.E.P. (2019). Positive psychology: A personal history. *Annual Review of Clinical Psychology*, 15, 1-23. <https://doi.org/10.1146/annurev-clinpsy-050718-095653>.

318. Seligman, M.E.P. & Adler, A. (2019). Positive Education 2019. In Global Council for Happiness and Wellbeing (Eds.), *Global Happiness and Wellbeing Policy Report 2019*. New York: United Nations Sustainable Development Solutions Network. https://s3.amazonaws.com/ghwbpr-2019/UAE/GH19_Ch4.pdf

319. Hasset, A. L., Fisher, J. A., Vie, L. L., Kelley, W. L., Clauw, D. J., & Seligman, M.E.P. (2019). Association between pre-deployment optimism and onset of post-deployment pain in US Army soldiers. *JAMA Network Open*, 2(2), e188076.

320. Seligman, M.E.P., Allen, A. R., Vie, L. L., Ho, T. E., Scheier, L. M., Cornum, R., & Lester, P. B. (2019). PTSD: Catastrophizing in combat as risk and protection. *Clinical Psychological Science*, 7(3), 516-529. <https://doi.org/10.1177/2167702618813532>

321. Seligman, M.E.P. (2019). Constructive journalism and Moyers' dictum. *Journalism*, 20 (4), 489-491.

322. Clifton, J. D., Baker, J. D., Park, C. L., Yaden, D. B., Clifton, A. B., Terni, P., ... & Seligman, M.E.P. (2019). Primal world beliefs. *Psychological Assessment*, 31(1), 82-89. <http://dx.doi.org/10.1037/pas0000639>.

323. Shrestha, A., Ho, T. E., Vie, L.L., Labarthe, D. R., Scheier, L. M., Lester, P. B., & Seligman, M.E.P. (2019). Comparison of cardiovascular health between U.S. Army and civilians. *Journal of the American Heart Association*. DOI: 10.1161/JAHA.118.009056

324. Reece, A., Yaden, D., Kellerman, G., Robichaux, A., Goldstein, R., Schwartz, B., Seligman, M., & Baumeister, R. (2019). Mattering is an indicator of organizational health and employee success. *The Journal of Positive Psychology*, 16 (2), 228-248. <https://doi.org/10.1080/17439760.2019.1689416>

2018

304. Seligman, M.E.P. & Adler, A. (2018). Positive Education 2018. In Global Happiness Council (Eds.), *Global Happiness Policy Report 2018*. New York: United Nations Sustainable Development Solutions Network. https://s3.amazonaws.com/ghc-2018/GHC_Ch4.pdf

305. Shrestha, A., Cornum, R., Vie, L. L., Scheier, L. M., Lester, P. B., & Seligman, M. E. P. (2018). Protective effects of psychological strengths against psychiatric disorders among soldiers. *Military Medicine*, 183, 386-395.

306. Diener, E., & Seligman, M. E. P. (2018). Beyond money revisited: Progress on national accounts of well-being for policy. *Perspectives on Psychological Science*, 30th Year Anniversary Issue, Association for Psychological Science, 13, 171-175.

307. Diener, E., Seligman, M. E. P., Choi, H., & Oishi, S. (2018). Happiest people revisited: A worldwide examination. *Perspectives on Psychological Science*, 30th Year Anniversary Issue, Association for Psychological Science, 13, 176-184.

308. Rashid, T., & Seligman, M. E. P. (2018). Positive Psychotherapy. In D. Wedding & R. J. Corsini (Eds.), *Current Psychotherapies* (pp. 481-526). Belmont, CA: Cengage.

309. Seligman, M. E. P. (2018). PERMA and the building blocks of well-being. *Journal of Positive Psychology*, 13, 333-335. <https://doi.org/10.1080/17439760.2018.1437466>

310. Kubzansky L.D., Huffman J.C., Boehm J.K., Hernandez R., Kim E.S., Koga H.K., Feig E.H., Lloyd-Jones D.M., Seligman M.E.P., Labarthe D.R. (2018). Positive psychological well-being and cardiovascular disease. *Journal of American College of Cardiology*, 72, 1382-1396.

311. Seligman, M.E.P. (2018). The Hoffman report, the Central Intelligence Agency, and the defense of the nation: A personal view. *Health Psychology Open*, July-December, p. 1-9. <https://doi.org/10.1177/2055102918796192>

312. Seligman, M.E.P. (2018). Building resilience. In *HBR's 10 Must Reads: On Mental Toughness*. Boston: Harvard Business Review Press.

313. Seligman, M.E.P. (2018). Post-traumatic growth and building resilience. In *HBR's 10 Must Reads: On Mental Toughness*. Boston: Harvard Business Review Press.

314. Rashid, T., & Seligman, M.E.P. (2018). Positive Psychotherapy. In D. Wedding & R. J. Corsini (Eds.), *Current psychotherapies* (pp. 481-426). Belmont, CA: Cengage.

315. Schwartz, H. A., Giorgi, S., Kern, M. L., Park, G., Sap, M., Labarthe, D. R., Larson, E. E., Seligman, M. E., & Ungar, L. H. (2018). More evidence that Twitter language predicts heart disease: A response and replication. PsyArXiv. <https://doi.org/10.31234/osf.io/p75ku>

316. Yaden, D. B., Eichstaedt, J. C., Kern, M. L., Smith, L. K., Buffone, A., Stillwell, D. J., Kosinski, M., Ungar, L. H., Seligman, M.E.P., & Schwartz, H.A. (2018). The language of religious affiliation: Social, emotional, and cognitive differences. *Social Psychological and Personality Science*, 9(4), 444-452.

2017

296. Adler, A., Unanue, W., Osin, E., Ricard, M., Alkire, S., & Seligman, M.E.P. (2017). Psychological Wellbeing. In *Happiness: Transforming the Development Landscape*, The Center for Bhutan Studies and GNH: Bhutan, 118.

297. Adler, A., Boniwell, I., Gibson, E., Metz, T., Seligman, M.E.P., Uchida, Y., & Xing, Z. (2017). Definitions of terms. In *Happiness: Transforming the Development Landscape*, The Center for Bhutan Studies and GNH: Bhutan, 21.

298. Bott, D., Escamillia, H., Kaufman, S., Kern, M., Krekel, C., Schlicht-Schmalzle, R., Seldon, A., Seligman, M., & White, M., (2017). *The state of positive education*. In E. E. Larson (Ed.). *Report prepared for World Government Summit*, Dubai: UAE.

299. Park, G., Schwartz, H. A., Sap, M., Kern, M. L., Weingarten, E., Eichstaedt, J. C., ... Seligman, M. E. (2017). Living in the past, present, and future: Measuring temporal orientation with language. *Journal of Personality*, 85, 270-280.

300. Seligman, M. E. P. Foreword. (2017) In M. Slade, L. Oades, & A. Jarden (Eds.) *Wellbeing, recovery and mental health*. New York, NY: Cambridge University Press.

301. Yaden, D. B., Eichstaedt, J. C., Kern, M., Smith, L., Buffone, A. E. K., Stillwell, D., Kosinski, M., Ungar, L. H., Seligman, M. E. P., & Schwartz, H. A. (2017). Language of religious affiliation: Social, emotional, and cognitive differences. *Social Psychological and Personality Science*, 1-9.

302. Carpenter, J., Preotiuc-Pietro, D., Flekova, L., Giorgi, S., Hagan, C., Kern, M. L., & Seligman, M. E. P. (2017). Real men don't say "cute": Using automatic language analysis to isolate inaccurate aspects of stereotypes. *Social Psychological and Personality Science*, 8, 310-322.

303. Duckworth, A. L. & Seligman, M. (2017). The science and practice of self-control. *Perspectives on Psychological Science*, 12 (5), 715-718.

2016

288. Seligman, M. (2016). How positive psychology happened and where it is going. In R. Sternberg, S. Fiske, & D. Foss (Eds). *Scientists making a difference*. Cambridge: Cambridge University Press.

289. Schwartz, H. A., Sap, M., Kern, M. L., Eichstaedt, J. C., Kapelner, A., Agrawal, M., ... Ungar, L. H. (2016). Predicting individual well-being through the language of social media. *Pacific Symposium on Biocomputing*, 21, 516-527.

290. Roepke, A. M., & Seligman, M.E.P. (2016). Depression and prospection. *British Journal of Clinical Psychology*, 55, 23-48.

291. Adler, A. & Seligman, M. E. P. (2016) Using well-being for public policy: Theory, measurement, and recommendations. *International Journal of Well-being*, 6, 1-35.

292. Park, G., Yaden, D. B., Schwartz, H. A., Kern, M. L., Eichstaedt, J. C., Kosinski, M., ... Seligman, M. E. P. (2016). Women are warmer but no less assertive than men: Gender and language on Facebook. *PLoS one*, 11(5), e0155885.
<http://dx.doi.org/10.1371/journal.pone.0155885>

293. Maier, S. F., & Seligman, M. E. P. (2016). Learned helplessness at fifty: Insights from neuroscience. *Psychological Review*, 123, 349-367.

294. Vie, L. L., Scheier, L. M., Lester, P. B., & Seligman, M. E. P. (2016). Initial validation of the US Army Global Assessment Tool. *Military Psychology*, 28, 468-487.

295. Ng, V., Cao, M., Marsh, H. W., Tay, L., & Seligman, M. E. P. (2016). The factor structure of the Values in Action Inventory of Strengths (VIAS-IS): An item-level exploratory structural equation modeling (ESEM) bifactor analysis. *Psychological Assessment*. Advance online publication.

2015

278. Eichstaedt, J. C., Schwartz, H. A., Kern, M. L., Park, G., Labarthe, D., Merchant, R., ... Seligman, M. E. P. (2015). Psychological language on Twitter predicts county-level heart disease mortality. *Psychological Science*, *26*, 159-169.

279. Seligman, M. (2015). Chris Peterson's unfinished masterwork: The real mental illnesses. *Journal of Positive Psychology. Special issue in memory of Chris Peterson*, *10*, 3-6.

280. Roepke, A. M. & Seligman, M. E. P. (2015). Doors opening: A mechanism for growth after adversity. *Journal of Positive Psychology*, *10*, 107-115.

281. Rashid, T., Summers, R. F. & Seligman, M. E. P. (2015) Positive Psychology. In A. Tasman, J. Kay, J. A. Lieberman, M. B. First & M. B. Riba (Eds.) *Tasman's Psychiatry* (4th ed., pp. 489-498). Chichester, UK: Wiley.

282. Seligman, M. E. P (2015). Preface. In Jeste, D. V. & Palmer, B. W. (Eds.) *Positive psychiatry: A clinical handbook*. Arlington, VA: American Psychiatric Publishing.

283. Seligman, M. E. P. (2015) Foreword. In J. M. Norrish (author) *Positive education: The Geelong Grammar School journey* (pp. ix-xii). Oxford, UK: Oxford University Press.

284. Seligman, M. E. P. (2015). Introduction: How are we called into the future? In D. B. Yaden, T. D. McCall, & J. H. Ellens (Eds.), *Being called: Scientific, secular, and sacred perspectives* (pp. xvii-xxvi). Santa Barbara, CA: Praeger.

285. Schwartz, H. A., Park, G., Sap, M., Weingarten, E., Eichstaedt, J., Kern, M., Berger, J., Seligman, M. E. & Ungar, L. H. (2015). Extracting Human Temporal Orientation in Facebook Language. Proceedings of the 2015 Conference of the North American Chapter of the Association for Computational Linguistics - Human Language Technologies (NAACL HLT), 409-419.

286. Park, G., Schwartz, H. A., Eichstaedt, J. C., Kern, M. L., Kosinski, M., Stillwell, D. J., Ungar, L. H., & Seligman, M. E. P. (2015). Automatic personality assessment through social media language. *Journal of Personality and Social Psychology*, *108*, 934-952.

287. Vie, L. L., Scheier, L. M., Lester, P. B., Ho, T. E., Labarthe, D. R., & Seligman, M. E. P. (2015). The U.S. Army Person-Event Data Environment: A military-civilian big data enterprise. *Big Data, 3*, 1-10.

2014

273. Kern, M. L., Eichstaedt, J. C., Schwartz, H. A., Dziurzynski, L., Ungar, L. H., Stillwell, D. J., ... Seligman, M. E. P. (2014). The online social self: An open vocabulary approach to personality. *Assessment, 21*, 158-169.

274. Kern, M. L., Eichstaedt, J. C., Schwartz, H. A., Park, G., Ungar, L. H., Stillwell, D. J., ... Seligman, M. E. P. (2014). From "sooo excited!!!" to "so proud": Using language to study development. *Developmental Psychology, 50*, 178-188.

275. Seligman, M. (2014). God comes at the end. *Spirituality in Clinical Practice, 1*, 67-70.

276. Seligman, M. (2014). The real mental illnesses: Susan Nolen-Hoeksema (1959–2013) in memoriam. *Journal of Abnormal Psychology, 123*, 1-2.

277. Seligman, M.E.P., Csikszentmihalyi, M. (2014). Positive Psychology: An introduction. In M. Csikszentmihalyi (Ed.) *Flow and the Foundations of Positive Psychology* (pp. 279-298). New York: Springer US.

2013

259. Vie, L. L., Griffith, K. N., Scheier, L. M., Lester, P. B., Seligman, M. E. P. (2013). The person-event data environment (PDE): Leveraging big data for studies of psychological strengths in soldiers. *Frontiers in Psychology, 4*, 1-7.

260. Seligman, M. (2013). Building the State of Well Being. Adelaide Thinker in Residence 2012-2013. Adelaide, Australia: Government of South Australia.

261. Seligman, M. E. P., Railton, P., Baumeister, R. F., & Sripada, C. (2013). Navigating into the future or driven by the past. *Perspectives on Psychological Science, 8*, 119-141.

262. Sripada, C., Railton, P., Baumeister, R.F., Seligman, M.E.P. (2013). Reply to Comments. *Perspectives on Psychological Science, 8*, 151-154.

263. Reivich, K., Gillham, J. E., Chaplin, T. M., & Seligman, M. E. P. (2013). From helplessness to optimism: The role of resilience in treating and preventing depression in

youth. In S. Goldstein & R. B. Brooks (Eds.), *Handbook of resilience in children* (pp. 201-214). New York, NY: Springer US.

264. Gillham, J. E., Abenavoli, R. M., Brunwasser, S. M., Reivich, K. J., & Seligman, M. E. P. (2013). Resilience education. In S. David, I. Boniwell, & A. Conley Ayers (Eds.), *Oxford handbook of happiness* (pp. 609-630). USA: Oxford University Press.

265. Peterson, C., Park, N., & Seligman, M. E. P. (2013). Orientations to happiness and life satisfaction: The full life versus the empty life. In A. Delle Fave (Ed.), *The exploration of happiness: Present and future perspectives* (pp. 161-173). Netherlands: Springer.

266. Park, N., & Seligman, M. E. P. (2013). Christopher M. Peterson (1950-2012). *American Psychologist*. 2013, 68, 403.

267. Schwartz, H. A., Eichstaedt, J. C., Kern, M. L., Dziurzynski, L., Lucas, R. E., Agrawal, M., ... Ungar, L. H. (2013). Characterizing geographic variation in well-being using tweets. In *Proceedings of the Seventh International AAAI Conference on Weblogs and Social Media (ICWSM)*. Boston, MA.

268. Schwartz, H. A., Eichstaedt, J. C., Dziurzynski, L., Kern, M. L., Blanco, E., Ramones, S., Seligman, M. E. P., & Ungar, L. H. (2013). Choosing the right words: characterizing and reducing error of the word count approach. *Proceedings of SEM-2013: Second Joint Conference on Lexical and Computational Semantics*, Atlanta, Georgia, USA. 296-305.

269. Jayawickreme, E., Jayawickreme, N., & Seligman, M. E. P. (2013). From victims to survivors: The positive psychology of refugee mental health. In K. M. Gow & M. J. Celinski (Eds.), *Mass trauma: Impact and recovery issues* (pp. 313-330). New York, NY: Nova Science Publishers.

270. Schwartz, H. A., Eichstaedt, J. C., Kern, M. L., Dziurzynski, L., Ramones, S. M., Agrawal, M., ... Ungar, L. H. (2013). Personality, gender, and age in the language of social media: The open-vocabulary approach. *PLoS One*, 8, e73791.

271. Schwartz, H. A., Eichstaedt, J. C., Dziurzynski, L., Kern, M. L., Blanco, E., Kosinski, M., ... Ungar, L. H. (2013). Toward personality insights from language exploration in social media. In *Proceedings of the AAAI Spring Symposium Series*. Stanford, CA.

272. Cutuli, J. J., Gillham, J. E., Chaplin, T. M., Reivich, K. J., Seligman, M. E. P., Gallop, R. J., Abenavoli, R. M. & Freres, D. R. (2013). Preventing adolescents'

externalizing and internalizing symptoms: Effects of the Penn Resiliency Program. *International Journal of Emotional Education*, 5, 67-79.

2012

254. Seligman, M. E. P. (2012). Flourish: Positive psychology and positive interventions. In *The Tanner lectures on human values*, 31. Salt Lake City, UH: University of Utah Press.

255. Forgeard, M. J. C., & Seligman, M. E. P. (2012). Seeing the glass half full: A review of the causes and consequences of optimism. *Pratiques Psychologiques*, 18, 107-120.

256. Jayawickreme, E., Forgeard, M. J. C., & Seligman, M. E. P. (2012). The engine of well-being. *Review of General Psychology*, 16, 327-342.

257. Gillham, J.E., Reivich, K.J., Brunwasser, S.M., Freres, D.R., Chajon, N.D., Kash-MacDonald, V.M., ... Seligman, M. E. P. (2012). Evaluation of a group cognitive-behavioral depression prevention program for young adolescents: A randomized effectiveness trial. *Journal of Clinical Child & Adolescent Psychology*, 41, 621-639.

258. Adler, A., Unanue, W., Osin, E., Ricard, M., Alkire, S., & Seligman, M. E. P. (2012). Psychological wellbeing. *Report of the Well-Being Working Group, Royal Government of Bhutan: Report to the United Nations General Assembly, Well-Being and Happiness: A New Development Paradigm*. United Nations: New York.

2011

245. Forgeard, M. J. C., Haigh, E. A. P., Beck, A. T., Davidson, R. J., Henn, F. A., Maier, S. F., ... Seligman, M. E. P. (2011). Beyond depression: Towards a process-based approach to research, diagnosis, and treatment. *Clinical Psychology: Science and Practice*, 18, 275-299.

246. Seligman, M. E. P., & Matthews, M. D. (Eds.). (2011). Comprehensive soldier fitness [Special issue]. *American Psychologist*, 66(1).

247. Cornum, R., Matthews, M. D., & Seligman, M. E. P. Comprehensive soldier fitness: Building resilience in a challenging institutional context. In M. E. P. Seligman & M. D. Matthews (Eds.), Comprehensive soldier fitness [Special issue]. *American Psychologist*, 66(1), 4-9.

248. Reivich, K. J., Seligman, M. E. P., & McBride, S. (2011). Master resilience training in the army. In M. E. P. Seligman and M. D. Matthews (Eds.), Comprehensive soldier fitness [Special issue]. *American Psychologist*, 66, 25-34.

249. Seligman, M. E. P., & Fowler, R. F. (2011). Comprehensive soldier fitness and the future of psychology. In M. E. P. Seligman and M.D. Matthews (Eds.), *Comprehensive soldier fitness* [Special issue]. *American Psychologist*, *66*, 82-86.

250. Gillham, J., Adams-Deutsch, Z., Werner, J., Reivich, K., Coulter-Heindl, V., Linkins, M., ... Seligman, M. E. P. (2011). Character strengths predict subjective well-being during adolescence. *The Journal of Positive Psychology*, *6*, 31-44.
<http://www.informaworld.com/smpp/title~content=t724921263>

251. Forgeard, M. J. C., Jayawickreme, E., Kern, M. L., & Seligman, M. E. P. (2011). Doing the right thing: Measuring wellbeing for public policy. *International Journal of Wellbeing*, *1*, 79-106.

252. Seligman, M. E. P. (2011). Helping American soldiers in time of war: Reply to comments on the Comprehensive Soldier Fitness Special Issue. *American Psychologist*, *66*, 646-647.

253. Kobau, R., Seligman, M. E. P., Peterson, C., Diener, E., Zack, M. M., Chapman, D., & Thompson, W. (2011). Mental health promotion in public health: Perspectives and strategies from positive psychology. *American Journal of Public Health*, *101*, e1-e9.

2010

242. Schueller, S. M., & Seligman, M. E. P. (2010). Differential pursuit of pleasure, engagement, and meaning: Relationships to subjective and objective well-being. *Journal of Positive Psychology*, *5*, 253-263.

243. Ruch, W., Proyer, R. T., Harzer, C., Park, N., Peterson, C., & Seligman, M. E. P. (2010). Values in Action Inventory of Strengths (VIA-IS): Adaptation and validation of the German version and the development of a peer-rating form. *Journal of Individual Differences*, *31*, 138-149.

244. Peterson, C., Stephens, J. P., Park, N., Lee, F., & Seligman, M. E. P. (2010). Strengths of character and work. In P. A. Linley, S. Harrington, & N. Page (Eds.), *Handbook of positive psychology and work* (pp. 221-231). New York, NY: Oxford University Press.

2009

234. Peterson, C., Park, N., Hall, N., & Seligman, M. E. P. (2009). Zest and work. *Journal of Organizational Behavior*, *30*, 161-172.

235. Hassett, A., Maclean, R., Peterson, C., Stuart, M., Buyske, S., Park, N., ... Seligman, M. E. P. (2009). The observational evaluation of subjective well-being in patients with rheumatoid arthritis. *Applied Psychology: Health and Well-Being, 1*, 46-61.

236. Parks, A., & Seligman, M. E. P. (2009). Positive psychology: Human happiness. In J. Weil, D. Blumel, S. Malmoli, & J. Netting (Eds.), *Yearbook of science & technology: 2009* (pp. 308-309). New York, NY: McGraw-Hill.

237. Seligman, M. E. P., Gillham, J., Reivich, K., Linkins, M., & Ernst, R. (2009). Positive education: Positive psychology and classroom interventions. *Oxford Review of Education, 35*, 293-311.

238. Seligman, M. E. P., & Kahana, M. (2009). Unpacking intuition: A conjecture. *Perspectives on Psychological Science, 4*, 399-402.

239. Peterson, C., Stephens, J. P., Park, N., Lee, F., & Seligman, M. E. P. (2009). Strengths of character and work. In P. A. Linley, S. Harrington, & N. Page (Eds.), *Handbook of positive psychology and work* (pp. 221-231). New York, NY: Oxford University Press.

240. Chaplin, T. M., Gillham, J. E., & Seligman, M. E. P. (2009). Gender, anxiety, and depressive symptoms: A longitudinal study of early adolescents. *The Journal of Early Adolescence, 29*, 307-327.

241. Duckworth, A. L., Quinn, P. D., & Seligman, M. E. P. (2009). Positive predictors of teacher effectiveness. *The Journal of Positive Psychology, 4*, 540-547.

2008

231. Seligman, M. E. P. (2008). Positive health. *Applied Psychology: An International Review, 57*, 3-18.

232. Peterson, C., Park, N., Pole, N., D'Andrea, W., & Seligman, M. E. P. (2008). Strengths of character and posttraumatic growth. *Journal of Traumatic Stress, 21*, 214-217.

233. Schueller, S., & Seligman, M. E. P. (2008). Optimism and pessimism. In K. S. Dobson & D. J. A. Dozois (Eds.), *Risk factors in depression*. 1st ed. (pp. 171-94). New York, NY: Elsevier Inc.

2007

225. Cardemil, E., Reivich, K. J., Beevers, C. G., Seligman, M. E. P., & James, J. (2007). The prevention of depressive symptoms in low-income, minority children: Two-year follow-up. *Behaviour Research and Therapy*, *45*, 313-327.

226. Seligman, M. E. P., Schulman, P., & Tryon, A. (2007). Group prevention of depression and anxiety symptoms. *Behaviour Research & Therapy*, *45*, 1111-1126.

227. Gillham, J., Reivich, K., Freres, D., Chaplin, T., Shatté, A., Samuels, B., ... Seligman, M. E. P. (2007). School-based prevention of depressive symptoms: A randomized controlled study of the effectiveness and specificity of the Penn Resiliency Program. *Journal of Consulting & Clinical Psychology*, *75*, 9-19.

228. Seligman, M. E. P. (2007). Coaching and positive psychology. *Australian Psychologist*, *42*, 266-267.

229. Linley, P. A., Maltby, J., Wood, A., Joseph, S., Harrington, S., Peterson, C., Park, ... Seligman, M. E. P. (2007). Character strengths in the United Kingdom: The VIA inventory of strengths. *Personality & Individual Differences*, *43*, 341-351.

230. Peterson, C., Ruch, W., Beerman, U., Park, N., & Seligman, M. E. P. (2007). Strengths of character, orientations to happiness, and life satisfaction. *Journal of Positive Psychology*, *2*, 149-156.

2006

213. Chaplin, T. M., Gillham, J. E., Reivich, K., Levy-Elkton, A., Samuels, B., Freres, D. R., ... Seligman, M. E. P. (2006). Depression prevention for early adolescent girls: A pilot study of all-girls versus co-ed groups. *Journal of Early Adolescence*, *26*, 110-126.

214. Duckworth, A. L., & Seligman, M. E. P. (2006). Self-discipline gives girls the edge: Gender in self-discipline, grades, and achievement test scores. *Journal of Educational Psychology*, *98*, 198-208.

215. Gillham, J. E., Reivich, K. J., Freres, D. R., Lascher, M., Litzinger, S., & Shatte, A., & Seligman, M. E. P. (2006). School-based prevention of depression and anxiety symptoms in early adolescence: A pilot of a parent intervention component. *School Psychology Quarterly*, *21*, 323-348.

216. Park, N., Peterson, C., & Seligman, M.E.P. (2006). Character strengths in fifty-four nations and the fifty US states. *Journal of Positive Psychology*, *1*, 118-129.

217. Peterson, C., Park, N., & Seligman, M. E. P. (2006). Greater strengths of character and recovery from illness. *Journal of Positive Psychology*, *1*, 17-26.

218. Seligman, M. E. P. (2006). Afterword: Breaking the 65 percent barrier. In M. Csikszentmihalyi, & I. S. Csikszentmihalyi (Eds.), *A life worth living: Contributions to positive psychology* (pp. 230-236). New York, NY: Oxford University Press.

219. Seligman, M. E. P., Parks, A. C., & Steen, T. (2006). A balanced psychology and a full life. In F. Huppert, B. Keverne & N. Baylis, (Eds.), *The science of well-being* (pp. 275-283). Oxford, UK: Oxford University Press.

220. Seligman, M. E. P., Rashid, T., & Parks, A. C. (2006). Positive psychotherapy. *American Psychologist*, *61*, 774-788.

221. Shimai, S., Otake, K., Park, N., Peterson, C., & Seligman, M. E. P. (2006). Convergence of character strengths in American and Japanese young adults. *Journal of Happiness Studies*, *7*, 311-322.

222. Seligman, M. E. P., & Csikszentmihalyi, M. (2006). Positiv Psykologi - en introduktion. *Kognition & Pædagogik*, *16*, 4-12.

223. Cutuli, J. J., Chaplin, T. M., Gillham, J. E., Reivich, K. J., & Seligman, M. E. P. (2006). Preventing co-occurring depression symptoms in adolescents with conduct problems. *Annals of the New York Academy of Sciences*, *1094*, 282-286.

224. Peterson, C., & Seligman, M. E. (2006). The Values in Action (VIA) classification of strengths. *A life worth living: Contributions to positive psychology*, 29-48.

2005

206. Dahlsgaard, K., Peterson, C., & Seligman, M. E. P. (2005). Shared virtue: The convergence of valued human strengths across culture and history. *Review of General Psychology*, *9*, 203-213.

207. Duckworth, A. L., & Seligman, M. E. P. (2005). Self-discipline outdoes IQ in predicting academic performance of adolescents. *Psychological Science*, *16*, 939-944.

208. Duckworth, A. L., Steen, T. A., & Seligman, M. E. P. (2005). Positive psychology in clinical practice. *Annual Review of Clinical Psychology*, *1*, 629-651.

209. Peterson, C., Park, N., & Seligman, M. E. P. (2005). Orientations to happiness and life satisfaction: The full life versus the empty life. *Journal of Happiness Studies*, *6*, 25-41.

210. Reivich, K. J., Gillham, J. E., Chaplin, T. M., & Seligman, M. E. P. (2005). From helplessness to optimism: The role of resilience in treating and preventing

depression in youth. In S. Goldstein & R. B. Brooks (Eds.), *Handbook of resilience in children* (pp. 223-237). New York, NY: Kluwer Academic/Plenum Publishers.

211. Seligman, M. E. P., Berkowitz, M. W., Catalano, R. F., Damon, W., Eccles, J.S., Gillham, J. E., ... & Zaff, J. F. (2005). The positive perspective on youth development. In D. L. Evans, E. Foa, R. Gur, H. Hendrin, C. O'Brien, M. E. P. Seligman, & B. T. Walsh (Eds.), *Treating and preventing adolescent mental health disorders: What we know and what we don't know* (pp. 499-529). New York, NY: Oxford University Press, The Annenberg Foundation Trust at Sunnylands, and The Annenberg Public Policy Center of the University of Pennsylvania.

212. Seligman, M. E. P., Steen, T., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist, 60*, 410-421.

2004

198. Abela, J. R. Z., Brozina, K., & Seligman, M. E. P. (2004). A test of the integration of the activation hypothesis and the diathesis-stress component of the hopelessness theory of depression. *British Journal of Clinical Psychology, 43*, 111-128.

199. Diener, E., & Seligman, M. E. P. (2004). Beyond money: Toward an economy of well-being. *Psychological Science in the Public Interest, 5*, 1-31.

200. Evans, Dwight L., Seligman, M. E. P. (2004). Introduction. In D. L. Evans, E. Foa, R. Gur, H. Hendrin, C. O'Brien, M. E. P. Seligman, & B. T. Walsh (Eds.), *Treating and preventing adolescent mental health disorders: What we know and what we don't know*. New York, NY: Oxford University Press.

201. Park, N., Peterson, C., & Seligman, M. E. P. (2004). Reply: Strengths of character and well-being: A closer look at hope and modesty. *Journal of Social & Clinical Psychology, 23*, 628-634.

202. Park, N., Peterson, C., & Seligman, M. E. P. (2004). Strengths of character and well-being. *Journal of Social and Clinical Psychology, 23*, 603-619.

203. Seligman, M.E.P. (2004). Can happiness be taught? *Daedalus, 3*, 80-87.

204. Seligman, M. E. P., Parks, A., & Steen, T. (2004). A balanced psychology and a full life. *The Royal Society, Philosophical Transactions: Biological Sciences, 359*, 1379-1381.

205. Seligman, M.E P, Park, N., & Peterson, C. (2004). The Values In Action (VIA) classification of character strengths. *Ricerche di Psicologia. Special Positive Psychology*, 27, 63-78.

2003

185. Isaacowitz, D. M., & Seligman, M. E. P. (2003). Cognitive styles and psychological well-being in adulthood and old age. In M. Bornstein, L. Davidson, C. L. M. Keyes, K. Moore & The Center for Child Well-Being (Eds.), *Well-Being: Positive development across the lifespan* (pp. 449-475). Mahwah, NJ: Lawrence Erlbaum Associates.

186. Isaacowitz, D. M., Vaillant, G. E., & Seligman, M. E. P. (2003). Strengths and satisfaction across the adult lifespan. *The International Journal of Aging and Human Development*, 57, 181-201.

187. Peterson, C., Lee, F., & Seligman, M. E. P. (2003). Assessment of optimism and hope. In R. Fernández Ballesteros (Ed.), *Encyclopedia of psychological assessment*. (pp. 646-649). London, UK: Sage Publications.

188. Peterson, C., & Seligman, M. E. P. (2003). Character strengths before and after 9/11. *Psychological Science*, 14, 381-384.

189. Peterson, C., & Seligman, M. E. P. (2003). Positive organizational studies: Thirteen lessons from positive psychology. In K. S. Cameron, J. E. Dutton, & R.E. Quinn (Eds.), *Positive organizational scholarship* (pp. 14-27). San Francisco, CA: Berrett-Koehler.

190. Peterson, C., & Seligman, M. E. P. (2003). The Values in Action (VIA) classification of strengths. Washington, DC: American Psychological Association.

191. Seligman, M. E. P. (2003). Positive psychology: Fundamental assumptions. *Psychologist*, 126-127.

192. Seligman, (2003). Foreword: The past and future of positive psychology. In C. L. M. Keyes & J. Haidt (Eds.), *Flourishing: Positive psychology and the life well-lived* (pp. xi - xx). Washington DC: American Psychological Association.

193. Seligman, M. E. P., & Pawelski, J.O. (2003). Positive psychology: FAQs. *Psychological Inquiry*, 159-163.

194. Seligman, M. E. P., & Peterson, C. (2003). Positive clinical psychology. In L. G. Aspinwall & U. M. Staudinger (Eds.). *A psychology of human strengths: Fundamental*

questions and future directions for a positive psychology (pp. 305-317) Washington, DC: American Psychological Association.

195. Shatte, A. J., Seligman, M. E. P., Gillham, J. E., & Reivich, K. (2003). The role of positive psychology in child, adolescent, and family development. In Lerner, R.E., Jacobs, F., & Wertlieb, D. (Eds.), *Handbook of applied developmental science: promoting positive child, adolescent, and family development through research, policies, and programs* (pp. 61-80). Thousand Oaks, CA: Sage Publications.

196. Weissberg, R. P., Kumpfer, K., & Seligman, M. E. P. (2003). Prevention for children and youth that works: An introduction. *American Psychologist*, *58*, 425-432.

197. Seligman, M. E. (2003). Foreword: The past and future of positive psychology. In L. M. Keyes & J. Haidt (Eds.), *Flourishing: Positive psychology and the life well-lived* (pp. XI-XX). Washington, DC: American Psychiatric Association

2002

178. Cardemil, E. V., Reivich, K. J., & Seligman, M. E. P. (2002). The prevention of depressive symptoms in low-income minority middle-school students. *Prevention & Treatment*, *5*, Article 8.

179. Diener, E., & Seligman, (2002). Very happy people. *Psychological Science*, *13*, 81-84.

180. Isaacowitz, D.M., & Seligman, M. E. P. (2002). Cognitive style predictors of affect change in older adults. *International Journal of Aging and Human Development*, *54*, 233-253.

181. Levant, R. F., & Seligman, (2002). Trial by internet: Cybercascades and the Lilienfeld case. *American Psychologist*, *57*, 222-225.

182. Seligman, M. E. P. (2002). Positive psychology, positive prevention, and positive therapy. In C. R. Snyder & S. J. Lopez (Eds.), *The handbook of positive psychology* (pp. 3-12). New York, NY: Oxford University Press.

183. Seligman, M. E. P., & Peterson, C. (2002). Learned helplessness. In N. Smelser & P. Baltes (Eds.), *International encyclopedia for the social and behavioral sciences* (Vol. 13, pp. 8583-8586). New York, NY: Elsevier.

184. Yu, D. L., & Seligman, M. E. P. (2002). Preventing depressive symptoms in Chinese children. *Prevention & Treatment*, *5*, Article 9.

2001

174. Gillham, J. E., Shatte, A. J., Reivich, K. J., & Seligman, M. E. P. (2001). Optimism, pessimism, and explanatory style. In E. C. Chang (Ed.), *Optimism and pessimism: Implications for theory, research, and practice* (pp. 53-75). Washington, DC: American Psychological Association.

175. Isaacowitz, D. M., & Seligman, M. E. P. (2001). Is pessimistic explanatory style a risk factor for depressive mood among community-dwelling older adults? *Behaviour Research and Therapy*, *39*, 255-272.

176. Seligman, (2001). Comment on "Priorities for prevention research at NIMH." *Prevention & Treatment*, *4*, Article 24c.

177. Seligman, M. E. P., Verkuil, P. R., & Kang, T. H. (2001). Why lawyers are unhappy. *Cardozo Law Review*, *23*, 33-53.

2000

166. Abela, J. R. Z. & Seligman, M. E. P. (2000). The hopelessness theory of depression: A test of the diathesis-stress component in the interpersonal and achievement domains. *Cognitive Therapy & Research*, *24*, 361-378.

167. Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, *55*, 5-14.

Reprinted in Duffy, K.G. (Ed.). (2002). *Annual editions: Personal growth and behavior* (pp. 2-5). Guilford, CT: McGraw-Hill/Dushkin.

168. Goldstein, B. I., Abela, J. R. Z., Buchanan, G. M., & Seligman, M. E. P. (2000). Attributional style and life events: A diathesis-stress theory of alcohol consumption. *Psychological Reports*, *87*, 949-955.

169. Seligman, M. E. P. (2000). Optimism, pessimism, and mortality. *Mayo Clinic Proceedings*, *75*, 133-134.

170. Seligman, M. E. P. (2000). "Transcending the efficacy versus effectiveness research debate": Commentary. *Prevention and Treatment*, *3*, Article 11c.

171. Seligman, M. E. P., & Isaacowitz, D. M. (2000). Learned helplessness. In G. Fink (Ed.), *The Encyclopedia of Stress*. (Vol. 2, pp. 599-603). San Diego, CA: Academic Press.

172. Seligman, M. E. P. (2000). The positive perspective. *The Gallup Review*, *3*, 2-7.

173. Shatte, A. J., Reivich, K., Seligman, M. E. P. (2000). Promoting human strengths and corporate competencies. *Psychologist, 4*, 183-196.

1999

156. Fowler, R. D., Seligman, M. E. P., & Koocher, G. P. (1999). The APA 1998 Annual Report. *American Psychologist, 537-568*.

157. Gillham, J.E., & Seligman, M. E. P. (1999). Footsteps on the road to positive psychology. *Behaviour Research and Therapy, 37*, S163-S173.

158. Miller, L., & Seligman, M. E. P. (1999). Beliefs about responsibility and improvement associated with liberal-conservative justice beliefs. *Psychological Reports, 84*, 329-338.

159. Miller, L. Seligman, M. E. P., & Sung, S. H. (1999). Beliefs about responsibility and improvement associated with success among Korean American immigrants. *The Journal of Social Psychology, 13*, 221-228.

160. Morgeson, F., Seligman, M. E. P., Sternberg, R. J., Taylor, S. E., & Manning, C. M. (1999). Lessons learned from a life in psychological science: Implications for young scientists. *American Psychologist, 54*, 106-116.

161. Peterson, C., & Seligman, M. E. P. (1999). *Psychology: 2000 Yearbook of science and the future*. Chicago, IL: Encyclopaedia Britannica.

162. Seligman, M. E. P., Schulman, P., DeRubeis, R. J., & Hollon, S. D. (1999). The prevention of depression and anxiety. *Prevention and Treatment, 2*, Article 8a.

163. Shatte, A. J., Reivich, K., Gillham, J.E., & Seligman, M.E.P. (1999). Learned optimism in children. In C. R. Snyder (Ed.), *Coping: The psychology of what works* (pp. 165-181). New York, NY: Oxford University Press.

164. Buchanan, G. M., Gardenswartz, C. A. R., & Seligman, M. E. P. (1999). Physical health following a cognitive-behavioral intervention. *Prevention and Treatment, 2*, Article 10a.

165. Seligman, M. E. P. (1999). Positive social science. *Journal of Positive Behavior Interventions, 1*, 181-182.

1998

149. Gillham, J. E., Shatte, A. J., Reivich, K. J., & Seligman, M. E. P. (1998).

Optimism, pessimism, and explanatory style. In E.C. Chang (Ed.), *Optimism and pessimism*. Washington, D.C.: APA Press.

150. Peterson, C., Seligman, M. E. P., Yurko, K. H., Martin, L. R., & Friedman, H. S. (1998). Catastrophizing and untimely death. *Psychological Science, 9*, 49-52.

151. Peterson, C., & Seligman, M. E. P. (1998). Psychology. *Yearbook of science and the future 1999* (pp. 374-377). Chicago, IL: Encyclopaedia Britannica.

152. Seligman, M. E. P. (1998). The president's address. *American Psychologist, 54*, 559-562.

153. Seligman, M. E. P. (1998). The prediction and prevention of depression. In D. K. Routh & R. J. DeRubeis (Eds.), *The science of clinical psychology: Accomplishments and future directions* (pp. 201-214). Washington, DC: American Psychological Association.

154. Seligman, M. E. P., Levant, R. F. (1998). Managed care policies rely on inadequate science. *Professional Psychology: Research & Practice, 29*, 211-212.

155. Eisenberg, A. E., Baron, J., & Seligman, M. E. P. (1998). Individual differences in risk aversion and anxiety. *Psychological Bulletin, 87*, 245-251.

1997

144. Lee, Y. T., & Seligman, M. E. P. (1997). Are Americans more optimistic than Chinese? *Personality and Social Psychology Bulletin, 23*, 32-40.

145. Satterfield, J. M., Monahan, J., & Seligman, M. E. P. (1997). Law school performance predicted by explanatory style. *Behavioral Sciences and the Law, 15*, 1-11.

146. Seligman, M. E. P. (1997). Foreword and afterword. In P. Nathan & J. Gorman (Eds.), *A guide to treatments that work*. Oxford, UK: Oxford University Press.

147. Seligman, M. E. P., & LoLordo, V. M. (1997). Obituary of Richard Lester Solomon. *American Psychologist, 52*, 567-568.

148. Seligman, M. E. P. (1997). Foreword. In L. Luborsky, & P. Crits-Christoph, *Understanding transference: A guide to the CCRT method (The Core Conflictual Relationship Theme) A revised and expanded edition*. Washington, DC: APA Books.

1996

141. Schneider, F., Gur, R. E., Alavi, A., Seligman, M. E. P., Mozley, L., Smith,

R. J., Mozley, P., & Gur, R. (1996). Cerebral blood flow changes in limbic regions induced by unsolvable anagram tasks. *American Journal of Psychiatry*, *153*, 206-212.

142. Seligman, M. E. P. (1996). Science as an ally of practice. *American Psychologist*, *51*, 1072-1079.

143. Seligman, M. E. P. (1996). A creditable beginning. *American Psychologist*, *51*, 1086-1088.

1995

138. Haaga, D. A. F., Ahrens, A. H., Schulman, P., Seligman, M. E. P., DeRubeis, R. J., & Minarik, M. L. (1995). Metatraits and cognitive assessment: Application to attributional style and depressive symptoms. *Cognitive Therapy and Research*, *19*, 121-142.

139. Gillham, J., Reivich, K., Jaycox, L., & Seligman, M. E. P. (1995) Prevention of depressive symptoms in school children: Two year follow up. *Psychological Science*, *6*, 343-351.

140. Seligman, M. E. P. (1995). The effectiveness of psychotherapy: The Consumer Reports Study. *American Psychologist*, *50*, 965-974.

Reprinted in *Boletin Argentino de Psicologia*. Argentina: Ediciones ADI, (Spanish), 1996.

Reprinted in *Integrative Therapie*. Germany: Junfermann Verlag (German), 1996.

Reprinted in *Czasopismo Psychologiczne*, 2. Poland: Instytut Psychologii (Polish), 1996.

Reprinted in *Integrazione nelle Psicoterapie e nel Counseling*. Italy: Edizione Scientifiche (Italian), 1997.

Reprinted in Slife, B. (Ed.). (1998). *Taking sides: Clashing views on controversial psychological issues*. Tenth edition. Guilford, CT: Dushkin/McGraw-Hill.

1994

134. Colligan, R., Offord, K., Malinchoc, M., Schulman, P., & Seligman, M. E. P. (1994). CAVEing the MMPI: Seligman's attributional model and the assessment of explanatory style. *Journal of Clinical Psychology*, *50*, 71-95.

135. Satterfield, J. M., & Seligman, M. E. P., (1994). Military aggression and risk predicted by explanatory style. *Psychological Science*, *5*, 77-82.

136. Jaycox, L., Reivich, K., Gillham, J., & Seligman, M. E. P. (1994). Prevention of depressive symptoms in school children. *Behaviour Research and Therapy*, *32*, 801-816.

137. Seligman, M. E. P. (1994). What you can change & what you cannot change. *Psychology Today*, *May/June*, 33-41, 70, 72-74, 84.

Reprinted in Duffy, K.G. (Ed.). (1997). *Annual editions: Personal growth and behavior* (pp. 188-195). Guilford, CT: Dushkin/McGraw-Hill.

1993

131. Steptoe, A., Reivich, K., & Seligman, M. E. P. (1993). Mozart's optimism: A study of explanatory style. *The Psychologist*, *6*, 69-71.

132. Sethi, S., & Seligman, M. E. P. (1993). Optimism and fundamentalism. *Psychological Science*, *4*, 256-259.

133. Schulman, P., Keith, D., & Seligman, M. E. P. (1993). Is optimism heritable? A study of twins. *Behaviour Research and Therapy*, *31*, 569-574.

1992

126. Hollon, S. D., DeRubeis, R. J., & Seligman, M. E. P. (1992). Cognitive therapy and the prevention of depression. *Applied and Preventive Psychology: Current Scientific Perspectives*, *1*, 89-96.

127. Seligman, M. E. P. (1992). Power and powerlessness: Comments on "Cognates of Personal Control." *Applied and Preventive Psychology: Current Scientific Perspectives*, *1*, 119-120.

128. Seligman, M. E. P., Peterson, C., Schulman, P., & Castellon, C. (1992). The explanatory style scoring manual. In C.P. Smith (Ed.), *Motivation and personality: Handbook of thematic content analysis* (pp. 383-392). Cambridge, UK: Cambridge University Press.

129. Nolen-Hoeksema, S., Girgus, J., & Seligman, M. E. P. (1992). Predictors and consequences of childhood depressive symptoms. *Journal of Abnormal Psychology*, *101*, 405-422.

130. Seligman, M. E. P. (1992). Foreword. In A. Freeman & F.M. Dattilio (Eds.),

Comprehensive casebook of cognitive therapy (pp. ix). New York, NY: Plenum Press.

1991

122. Burns, M. O., & Seligman, M. E. P. (1991). Explanatory style, helplessness, and depression. In C. R. Snyder & D. R. Forsyth (Eds.), *Handbook of social and clinical psychology: The health perspective* (pp. 267-284). New York, NY: Pergamon Press. <http://scholarship.richmond.edu/bookshelf/157/>

123. Kamen-Siegel, L., Rodin, J., Seligman, M. E. P., & Dwyer, C. (1991). Explanatory style and cell-mediated immunity. *Health Psychology, 10*, 229-235.

124. Girgus, J. S., Nolen-Hoeksema, & Seligman, M. E. P. (1991). Sex differences in depression and explanatory style in children. Special Issue: The emergence of depressive symptoms during adolescence. *Journal of Youth & Adolescence, 20*, 233-245.

125. Nolen-Hoeksema, S., Seligman, M. E. P., & Girgus, J. (1991). Sex differences in depression and explanatory style in pre-adolescents. *Journal of Youth and Adolescence, 20*, 231-243.

1990

117. Seligman, M. E. P., Nolen-Hoeksema, S., Thornton, N., & Thornton, K. M. (1990). Explanatory style as a mechanism of disappointing athletic performance. *Psychological Science, 1*, 143-146.

118. Zullow, H. M., & Seligman, M. E. P. (1990). Pessimistic rumination predicts defeat of Presidential candidates: 1900-1984. *Psychological Inquiry, 1*, 52-61.

119. Seligman, M. E. P., & Zullow, H. M. (1990). Author's response. *Psychological Inquiry, 1*, 80-85.

120. Oettingen, G., & Seligman, M. E. P. (1990). Pessimism and behavioral signs of depression in East versus West Berlin. *European Journal of Social Psychology, 20*, 207-220.

121. Seligman, M. E. P. (1990). Foreword. In L. Luborsky, & P. Crits-Christoph (Eds.), *Understanding transference -- The CCRT method (The Core Conflictual Relationship Theme)*. New York, NY: Basic Books.

1989

112. Burns, M., & Seligman, M. E. P. (1989). Explanatory style across the life

span: Evidence for stability over 52 years. *Journal of Personality and Social Psychology*, *56*, 118-124.

113. Seligman, M. E. P. (1989). Explanatory style: Predicting depression, achievement, and health. In M. D. Yapko (Ed.), *Brief therapy approaches to treating anxiety and depression* (pp. 5-32). New York, NY: Routledge.

114. Drake, R., & Seligman, M. E. P. (1989). Self-serving biases in causal attributions as a function of altered activation asymmetry. *International Journal of Neuroscience*, *45*, 199-204.

115. Seligman, M. E. P. (1989). *Why is there so much depression today? The waxing of the individual and the waning of the commons*. Washington, D.C.: The G. Stanley Hall Lecture Series, *9*, 77-96.

Reprinted in Ingram, R.E. (Ed.). (1990). *Contemporary psychological approaches to depression: Theory, research and treatment* (pp. 1-9). New York: Plenum Publishing.

116. Schulman, P., Castellon, C., & Seligman, M. E. P. (1989). Assessing explanatory style: The content analysis of verbatim explanations and the Attributional Style Questionnaire. *Behaviour Research and Therapy*, *27*, 505-512.

1988

107. Seligman, M. E. P., Castellon, C., Cacciola, J., Schulman, P., Luborsky, L., Ollove, M., & Downing, R. (1988). Explanatory style change during cognitive therapy for unipolar depression. *Journal of Abnormal Psychology*, *97*, 1-6.

108. Seligman, M. E. P. (1988). Competing theories of panic. In S. J. Rachman & J. Maser (Eds.), *Panic: Psychological perspectives* (pp. 321-329). Hillsdale, NJ: Erlbaum.

109. Seligman, M. E. P., Kamen, L. P., & Nolen-Hoeksema, S. (1988). Explanatory style across the life-span: Achievement and health. In E.M. Hetherington, R.M. Lerner, & M. Perlmutter (Eds.), *Child development in life-span perspective* (pp. 91-114). Hillsdale, NJ: Erlbaum.

110. Peterson, C., Seligman, M. E. P., & Vaillant, G. (1988). Pessimistic explanatory style as a risk factor for physical illness: A thirty-five year longitudinal study. *Journal of Personality and Social Psychology*, *55*, 23-27.

111. Zullow, H., Oettingen, G., Peterson, C., & Seligman, M. E. P. (1988). Pessimistic explanatory style in the historical record: Caving LBJ, presidential candidates and East versus West Berlin. *American Psychologist*, *43*, 673-682.

1987

98. Seligman, M. E. P., & Yellen, A. (1987). What is a dream? *Behavior Research and Therapy*, *25*, 1-24.
99. Peterson, C., & Seligman, M. E. P. (1987). Explanatory style and illness. *Journal of Personality*, *55*, 237-265.
100. Seligman, M. E. P. (1987). A reinterpretation of dreams. *The Sciences*, *27*, 46-53.
101. Seligman, M. E. P. (1987). Predicting depression, poor health and presidential elections. *Science and Public Policy Seminar sponsored by the Federation of Behavioral, Psychological and Cognitive Sciences*, Washington, D.C., February.
102. Seligman, M. E. P., & Nolen-Hoeksema, S. (1987). Explanatory style and depression. In D. Magnusson & A. Ohman, (Eds.), *Psychopathology: An interactional perspective* (pp. 125-139). New York, NY: Academic Press.
103. Schulman, P., Seligman, M. E. P., & Amsterdam, D. (1987). The attributional style questionnaire is not transparent. *Behaviour Research and Therapy*, *25*, 391-395.
104. Seligman, M. E. P., Rappaport, J., & Gatz, M. Sept. (1987). The Boulder continuum and research oriented scientist practitioners. *Psychological Monitor*.
105. Kamen, L., & Seligman, M. E. P. (1987). Explanatory style and health. In M. Johnston, & T. Marteau (Eds.), *Current psychological research and reviews: Special issue on health psychology*, *6*, 207-218.
106. Self-Administered training in the CAVE technique: Content analysis of verbatim explanations.

1986

95. Seligman, M. E. P., & Schulman, P. (1986). Explanatory style as a predictor of productivity and quitting among life insurance agents. *Journal of Personality and Social Psychology*, *50*, 832-838.
96. Nolen-Hoeksema, S., Girgus, J., & Seligman, M. E. P. (1986). Learned helplessness in children: A longitudinal study of depression, achievement, and explanatory style. *Journal of Personality and Social Psychology*, *51*, 435-442.

97. Seligman, M. E. P., & Peterson, C. (1986). A learned helplessness perspective on childhood depression: Theory and research. In M. Rutter, C. E. Izard, & P. Read (Eds.), *Depression in young people: Developmental and clinical perspectives* (pp. 223-249). New York, NY: Guilford.

1985

91. Peterson, C., Bettes, B. A., & Seligman, M. E. P. (1985). Depressive symptoms and unprompted causal attributions: Content analysis. *Behaviour Research and Therapy*, *23*, 379-82.

92. Seligman, M. E. P., & Visintainer, M. A. (1985). Tumor rejection and early experience of uncontrollable shock in the rat. In F. R. Brush & J. B. Overmier (Eds.), *Affect, conditioning, and cognition: Essays on the determinants of behavior* (pp. 203-210). Hillsdale, NJ: Erlbaum.

93. Seligman, M. E. P., & Elder, G. (1985). Learned helplessness and life-span development. In A. B. Sørensen, F. E., Weinert, & L. R. Sherrod (Eds.), *Human development and the life course: Multidisciplinary perspectives* (pp. 377-427). Hillsdale, NJ: Erlbaum.

94. Peterson, C., & Seligman, M. E. P. (1985). The learned helplessness model of depression: Current status of theory and research. In E. E. Beckman & W. R. Leber (Eds.), *Handbook of depression: Treatment, assessment and research* (pp. 914-939). Homewood, IL: Dorsey.

1984

87. Peterson, C., & Seligman, M. E. P. (1984). Causal explanations as a risk factor for depression: Theory and evidence. *Psychological Review*, *91*, 347-374.

88. Alloy, L. B., Peterson, C., Abramson, L. Y., & Seligman, M. E. P. (1984). Attributional style and the generality of learned helplessness. *Journal of Personality and Social Psychology*, *46*, 681-687.

89. Peterson, C., & Seligman, M. E. P. (1984). Hilflosigkeit, Attributionsstil, und Depression. In F. E. Weinert, & Rainer H. Kluwe (Eds.), *Metakognition, motivation, und lernen* (pp. 164-191). Stuttgart: Kohlhammer.

Edition:

1. Helplessness and attributional style in depression. In F. Weinert, & R.H. Kluwe (Eds.), *Metacognition, motivation, and understanding*. Hillsdale, N.J.: Erlbaum Associates, 1987, 185-216.

90. Seligman, M. E. P., Kaslow, N.J. , Alloy, L. B., Peterson, C., Tanenbaum, R. L., & Abramson, L. Y. (1984). Attributional style and depressive symptoms among children. *Journal of Abnormal Psychology, 93*, 235-238.

1983

81. Peterson, C., Luborsky, L., & Seligman, M. E. P. (1983). Attributions and depressive mood shifts: A case study using the symptom-context method. *Journal of Abnormal Psychology, 92*, 96-103.

82. Visintainer, M. A., & Seligman, M. E. P. (1983). The hope factor. *American Health, 2*, 58-61.

83. Simkin, D. K., Lederer, J. P., & Seligman, M. E. P. (1983). Learned helplessness in groups. *Behaviour Research and Therapy, 21*, 613-622.

84. Kaslow, N. J., Tanenbaum, R. L., Abramson, L. Y., Peterson, C., & Seligman, M. E. P. (1983). Problem-solving deficits and depressive symptoms among children. *Journal of Abnormal Child Psychology, 11*, 497-502.

85. Peterson, C., & Seligman, M. E. P. (1983). Learned helplessness and victimization. *Journal of Social Issues, 2*, 103-116.

86. Volpicelli, J. R., Ulm, R. R., Altenor, A., & Seligman, M. E. P. (1983). Learned mastery in the rat. *Learning and Motivation, 14*, 204-222.

1982

76. Visintainer, M. A., Volpicelli, J. R., & Seligman, M. E. P. (1982). Tumor rejection in rats after inescapable or escapable shock. *Science, 216*, 437-439.

77. Raps, C. S., Peterson, C., Jones, M., and Seligman, M. E. P. (1982). Patient behavior in hospitals: Helplessness, reactance, or both? *Journal of Personality and Social Psychology, 42*, 1036-1041.

78. Peterson, C., Semmel, A., von Baeyer, C., Abramson, L. T., Metalsky, G. I., & Seligman, M. E. P. (1982). The Attributional Style Questionnaire. *Cognitive Therapy and Research, 6*, 287-300.

Translated. (1985). Germany: Stiensmeier-Pelster. (German).

Citations in Stiensmeier-Pelster, J., Attributional style and depressive mood reaction, *J. Person*, 1989, 57:581-599. And in Stiensmeier-Pelster, J. Attributionsstil und Bewertung bei depressiven versus nichtdepressiven Patienten, *Zeitschrift fuer klinische Psychologie*, 1988, 17: 46-54.

79. Raps, C. S., Peterson, C., Reinhard, K. E., Abramson, L. Y., & Seligman, M. E. P. (1982). Attributional style among depressed patients. *Journal of Abnormal Psychology*, 91, 102-103.

80. Metalsky, G. I., Abramson, L. Y., Seligman, M. E. P., Semmel, A., & Peterson, C. (1982). Attributional styles and life events in the classroom: Vulnerability and invulnerability to depressive mood reactions. *Journal of Personality and Social Psychology*, 43, 612-617.

1981

74. Peterson, C., Schwartz, S. M., & Seligman, M. E. P. (1981). Self-blame and depressive symptoms. *Journal of Personality and Social Psychology*, 2, 253-259.

75. Peterson, C., & Seligman, M. E. P. (1981). Helplessness and attributional style in depression: Parts I and II. *Tidsskrift for Norsk Psykoilforening*, 18, 3-18, and 53-59.

Edition:

1. (1987). Helplessness and attributional style in depression. In F. Weinert & R.H. Kluwe (Eds.), *Metacognition, motivation, and understanding* (pp. 185-216). Hillsdale, NJ: Erlbaum.

1980

68. Seligman, M. E. P., & Altemor, A. (1980). Coping behavior: Learned helplessness, physiological change, and learned inactivity. (Seligman-Weiss Debate) *Behaviour Research and Therapy*, 18, 459-512.

69. Seligman, M. E. P. (1979-1980). Harris on "Selective Misrepresentation." *American Psychologist*, 214-215.

70. Seligman, M. E. P. (1980). A learned helplessness point of view. In L. Rehm (Ed.), *Behavior therapy for depression* (pp. 123-142). New York, NY: Academic Press.

71. Abramson, L. Y., Garber, J., & Seligman, M. E. P. (1980). Learned helplessness in humans: An attributional analysis. In J. Garber & M. E. P. Seligman (Eds.), *Human helplessness* (pp. 3-35). New York, NY: Academic Press.

72. Raps, C., Reinhard, K. E., & Seligman, M. E. P. (1980). Reversal of cognitive and affective deficits associated with depression and learned helplessness by mood elevation in patients. *Journal of Abnormal Psychology, 89*, 342-349.

73. Miller, S. M., & Seligman, M. E. P. (1980). The reformulated model of helplessness and depression: Evidence and theory. In R. Neufeld (Ed.), *Psychological stress and psychopathology* (pp. 149-178). New York, NY: McGraw-Hill.

1979

61. Seligman, M. E. P., & Miller, S. M. (1979). The psychology of power: Concluding comments. In L. Perlmutter & R. Monty (Eds.), *Choice and perceived control* (pp. 347-370). Hillsdale, NJ: Erlbaum.

62. Seligman, M. E. P., Abramson, L. Y., Semmel, A., & von Baeyer, C. (1979). Depressive attributional style. *Journal of Abnormal Psychology, 88*, 242-247.

Reprinted in Kennedy, P. (Ed.), *Research and issues in psychology*. Toronto: Kendall/Hunt, (1984).

63. Binik, Y. M., & Seligman, M. E. P. (1979). Sudden swimming deaths. *American Psychologist, 17*, 197-206.

64. Garber, J., Fencil-Morse, E., Rosellini, R. A., & Seligman, M. E. P. (1979). Inescapable shock as a weanling impairs adult discrimination learning. *Behaviour Research and Therapy, 17*, 197-206.

65. Alloy, L. A., & Seligman, M. E. P. (1979). On the cognitive component of learned helplessness in animals and man. In G. Bower (Ed.), *The psychology of learning and motivation* (pp. 219-276). New York, NY: Academic Press.

66. Altendor, A., Volpicelli, J. R., & Seligman, M. E. P. (1979). Debilitated shock escape if produced by both short- and long-duration inescapable shock: Learned helplessness vs. learned inactivity. *Bulletin of the Psychonomic Society, 14*, 337-339.

67. Seligman, M. E. P. (1979-1980). On the generality of the laws of learning: A "Citation Classic" in *Current Contents*.

1978

56. Seligman, M. E. P., & Cook, L. (1978). Learned helplessness and depression. In G. E. Finley, & G. Marin (Eds.), *Readings in contemporary psychology* (pp. 270-282). Mexico City, Mexico: Trillas.

57. Abramson, L. Y., Seligman, M. E. P., & Teasdale, J. (1978). Learned helplessness in humans: Critique and reformulation. *Journal of Abnormal Psychology, 87*, 49-74.

Reprinted in Bates, S., Dockens, W.S., Gotestam, K.G., Merlin, L., & Sjoden, P.O. (Eds.), *Trends in behavior therapy*. New York, NY: Academic Press.

Reprinted in Wheaton, B. (Ed.). (1987). *The quality of social life* (pp. 259-268). Littleton, MA: Copley Publishing Group.

Reprinted in Cooper, C. & Pervin, L. (Eds.). (1988). *Personality: Critical Concepts in Psychology*. London, UK: Routledge.

58. Abramson, L. Y., Garber, J., Edwards, N., & Seligman, M. E. P. (1978). Expectancy changes in depression and schizophrenia. *Journal of Abnormal Psychology, 87*, 102-109.

59. Rosellini, R. A. & Seligman, M. E. P. (1978). Role of shock intensity in the learned helplessness paradigm. *Animal Learning and Behavior, 6*, 143-146.

60. Seligman, M. E. P. (1978). Comment and integration. *Journal of Abnormal Psychology, 87*, 165-179.

1977

49. Abramson, L. Y. & Seligman, M. E. P. (1977). Modeling psychopathology in the laboratory: History and rationale. In Maser, J. & Seligman, M.E.P. (Eds.), *Psychopathology: Experimental Models* (pp. 1-26). San Francisco, CA: W.H. Freeman.

50. Miller, W. R., Rosellini, R. A., & Seligman, M. E. P. (1977). Depression. In Maser, J. & Seligman, M. E. P. (Eds.), *Psychopathology: Experimental Models* (pp. 104-130). San Francisco, CA: W.H. Freeman.

51. Seligman, M. E. P., & Binik, Y. M. (1977). The safety signal hypothesis. In H. Davis & H. Hurwitz (Eds.), *Pavlovian-Operant Interactions* (pp. 165-187). Hillsdale, NJ: Erlbaum.

52. Seligman, M. E. P. (1977). Reversing learned helplessness and depression. In P. Zimbardo (Ed.), *Psychology and life* (11th ed.). Glenview, IL: Scott-Foresman.

53. DaSilva, P., Rachman, S. J., & Seligman, M. E. P. (1977). Prepared phobias and obsessions: Therapeutic outcomes. *Behaviour Research and Therapy*, *15*, 65-77.

54. Seligman, M. E. P. (1977). Comment on Rippere's Review. *Behaviour Research and Therapy*, *15*, 210-211.

55. Seligman, M. E. P. (1977). Helplessness. In B. Wolman (Ed.), *International encyclopedia of psychology, psychiatry, psychoanalysis, and neurology* (Vol. 5, pp. 338). New York, NY: Human Sciences.

1976

38. Maier, S. F., & Seligman, M. E. P. (1976). Learned helplessness: Theory and evidence. *Journal of Experimental Psychology: General*, *105*, 3-46.

39. Miller, W. R., & Seligman, M. E. P. (1976). Learned helplessness, depression, and the perception of reinforcement. *Behaviour Research and Therapy*, *14*, 7-17.

40. Rosellini, R. A., Binik, Y. M., & Seligman, M. E. P. (1976). Sudden death in the laboratory rat. *Psychosomatic Medicine*, *38*, 55-58.

41. Seligman, M. E. P., Klein, D. C., & Miller, W. R. (1976). Depression. In H. Leitenberg (Ed.), *Handbook of Behavior Therapy* (pp. 168-210). Englewood Cliffs, NJ: Prentice-Hall.

42. Seligman, M. E. P. (1976). Learned helplessness and depression in animals and men. In J. T. Spence, R. Carson, & J. Thibaut (Eds.), *Behavioral Approaches to Therapy* (pp. 111-126). Morristown, NJ: General Learning Press.

43. Klein, D. C., Fencil-Morse, E., & Seligman, M. E. P. (1976). Learned helplessness, depression, and the attribution of failure. *Journal of Personality and Social Psychology*, *33*, 508-516.

44. Klein, D. C., & Seligman, M. E. P. (1976). Reversal of performance deficits and perceptual deficits in learned helplessness and depression. *Journal of Abnormal Psychology*, *85*, 11-26.

45. Meadow, S., Seligman, M. E. P., & Gelman, R. (1976). Language in the two-year old: Receptive and productive stages. *Cognition*, *4*, 189-202.

46. Rosellini, R. A., & Seligman, M. E. P. (1976). Failure to escape shock after repeated exposure to inescapable shock. *Bulletin of the Psychonomic Society*, *7*, 251-253.

47. Hannum, R. D., Rosellini, R. A., & Seligman, M. E. P. (1976). Retention of learned helplessness and immunization in the rat from weaning to adulthood. *Developmental Psychology, 12*, 449-454.

48. Rachman, S. J., & Seligman, M. E. P. (1976). Unprepared phobias: Be prepared. *Behaviour Research and Therapy, 14*, 333-338.

1975

31. Hiroto, D. S., & Seligman, M. E. P. (1975). Generality of learned helplessness in man. *Journal of Personality and Social Psychology, 31*, 311-327.

32. Miller, W. R., & Seligman, M. E. P. (1975). Depression and learned helplessness in man. *Journal of Abnormal Psychology, 84*, 228-238.

33. Mineka, S., & Seligman, M. E. P. (1975). Conditioned drinking as avoidance learning. *Journal of Comparative and Physiological Psychology, 88*, 69-80.

34. Rosellini, R. A., & Seligman, M. E. P. (1975). Frustration and learned helplessness. *Journal of Experimental Psychology: Animal Behavior Processes, 104*, 149-157.

35. Seligman, M. E. P., & Beagley, G. (1975). Learned helplessness in the rat. *Journal of Comparative and Physiological Psychology, 88*, 534-541.

36. Seligman, M. E. P., Rosellini, R. A., & Kozak, M. J. (1975). Learned helplessness in the rat: Time course, immunization and reversibility. *Journal of Comparative and Physiological Psychology, 88*, 542-547.

Reprinted in Tarpy, R. M. (Ed.), *Readings in Learning and Memory*. Glenview, IL: Scott, Foresman, and Company, 1978.

37. Miller, W. R., Seligman, M. E. P., & Kurlander, H. (1975). Learned helplessness, depression, and anxiety. *Journal of Nervous and Mental Disease, 161*, 347-357.

1974

29. Seligman, M.E.P. (1974). Depression and learned helplessness. In R.J. Friedman and M.M. Katz (Eds.), *The Psychology of depression: Contemporary theory and research*, Winston-Wiley.

Reprinted in Rosenhan, D. *Theory and Research in Abnormal Psychology*, 1974.

Reprinted in von Praag, H. M. *Research in Neurosis*. Utrecht: Bonn, Schaltema, and Holkema, 1976.

30. Seligman, M. E. P. (1974). Submissive death: Giving up on life. *Psychology Today*, 7, 80-85.

Reprinted in *Psychologie Heute*, 1976 (Germany). 1973

1973

24. Seligman, M. E. P. (1973). Fall into helplessness. *Psychology Today*, 7, 43-48.

Reprinted in *Psychology Today*, 1975, (United Kingdom).

Reprinted in Wickram, I. *Biofeedback, Behavior Therapy, and Hypnosis*. Nelson-Hall, 1976.

25. Seligman, M. E. P. (1973). Looking ahead. In J. Rubinstein (Ed.), *Psychology '73-'74* (pp. 576-577). Guilford, CT: Duskin.

26. Seligman, M. E. P. (1973). Reply to Malone. *Psychological Review*, 80, 306.

27. Seligman, M. E. P., & Johnston, J. C. (1973). A cognitive theory of avoidance learning. In F. J. McGuigan & D. B. Lumsden (Eds.), *Contemporary approaches to conditioning and learning* (pp. 69-110). Washington: Winston and Sons.

28. Miller, W. R., & Seligman, M. E. P. (1973). Learned helplessness, depression and the perception of reinforcement. *Journal of Abnormal Psychology*, 82, 62-73.

1972

20. Seligman, M. E. P. (1972). Learned helplessness. *Annual Review of Medicine*, 23, 407-412.

21. Seligman, M. E. P. (1972). Learned helplessness and depression. *Proceedings of The XVIIth International Congress of Applied Psychology*. Brussels: Editest.

22. Seligman, M. E. P., & Hager, J. L. (1972). Biological boundaries of learning. The sauce-bearnaise syndrome. *Psychology Today*, 6, 59-61, 84-87.

Translated in *Psychologie Heute*, (Germany) 1975.

Reprinted in *Psychology Today*, (United Kingdom) 1976.

23. Mineka, S., Seligman, M. E. P., Hetrick, M., & Zuelzer, K. (1972). Poisoning and conditioned drinking. *Journal of Comparative and Physiological Psychology*, *79*, 377-384.

1971

16. Seligman, M. E. P., Maier, S. F., & Solomon, R. L. (1971). Consequences of unpredictable and uncontrollable trauma. In Brush, F. R. (Ed.), *Aversive conditioning and Learning* (pp. 347-400). New York, NY: Academic Press.

17. Seligman, M. E. P., Mineka, S., & Fillit, H. (1971). Conditioned drinking produced by procaine, NaCl, and angiotensin. *Journal of Comparative and Physiological Psychology*, *77*, 110-121.

18. Seligman, M. E. P. (1971). Phobias and preparedness. *Behavior Therapy*, *2*, 307-320.

Reprinted in Matarazzo, J. D., et al., (Eds.) *Psychotherapy*, (1971). Chicago, IL: Aldine.

Reprinted in Seligman, M. E. P., & Hager, J. (1972). *Biological Boundaries of Learning*. New York, NY: Appleton-Century-Crofts.

Reprinted in Wickram, I. (1976). *Biofeedback, Behavior Therapy, and Hypnosis*. Nelson-Hall.

19. Seligman, M. E. P. (1971). Introduction to modern behaviorism by H. Rachlin. Lucid molar behaviorism for the introductory student. *Contemporary Psychology*, *16*, 571.

1970

15. Seligman, M. E. P. (1970). On the generality of the laws of learning. *Psychological Review*, *77*, 406-418.

Reprinted in *Readings in Educational Psychology*. New York, Brooks-Cole, 1971.

Reprinted in *XIP Readings in Psychology*, Lexington, MA, 1973.

Reprinted in Mikulas, W. *Psychology of Learning: Readings*. Albion.

Reprinted in Sahakian, W. S. *Psychology of Learning*. Rand McNally, 1975.

Reprinted in Millenson, J. R. (Ed.), *Antologia de Analisa de Compartamento*. Brazil: Thesaurus Editora (Portuguese), 1976.

Reprinted in Sahakian, W. S. *Learning: System, Models, Theories*. Rand McNally, 1976.

Reprinted in McGill, T. E. *Readings in Animal Behavior*. New York: Holt, Rinehart, Winston.

Reprinted in McGee, M. G. Title unknown. St. Paul: West Publishing Co.

Reprinted in Fierro, A. (Ed.), *Escritos de Psicologia: Universidad de Malaga*, 1998.

11. Seligman, M. E. P., & Groves, D. (1970). Non-transient learned helplessness. *Psychonomic Science*, *19*, 191-192.

12. Seligman, M. E. P., Bravman, S., & Radford, R. (1970). Drinking: Discriminative conditioning in the rat. *Psychonomic Science*, *20*, 63-64.

13. Seligman, M. E. P., Ives, C. E., Ames, H., & Mineka, S. (1970). Failure to extinguish conditioned drinking: Avoidance, preparedness or functional autonomy? *Journal of Comparative and Physiological Psychology*, *71*, 411-419.

14. Seligman, M. E. P., & Meyer, B. (1970). Chronic fear and ulcers as a function of the unpredictability of safety. *Journal of Comparative and Physiological Psychology*, *73*, 202-208.

1969

8. Maier, S. F., Seligman, M. E. P., & Solomon, R. L. (1969). Pavlovian fear conditioning and learned helplessness. In Campbell, B. A., & Church, R. M. (Eds.), *Punishment* (pp. 299-343). New York, NY: Appleton-Century-Crofts.

9. Seligman, M.E.P. (1969). Control group and conditioning: A comment on operationalism. *Psychological Review*, *76*, 484-491.

Reprinted in *XIP Readings in Psychology*. Lexington, MA, 1973.

10. Seligman, M. E. P. (1969). For helplessness: Can we immunize the weak? *Psychology Today*, June, 42-45.

Reprinted in *Clinical Psychology Today*. Delmar: CRM Books, 1971.

Reprinted in Readings in *Psychology Today*, 2nd Edition, Palmer: CRM Books, 1972.

Reprinted in Davison, G.C., Neale, M.M., and Price, K. (Eds.), *Contemporary Readings in Psychopathology*, New York: Wiley, 1974.

1968

6. Seligman, M. E. P., Maier, S. F., & Geer, J. (1968). The alleviation of learned helplessness in dogs. *Journal of Abnormal Psychology*, *73*, 256-262.

Reprinted in Mikulus, W. *Psychology of Learning: Readings*, Albion.

7. Seligman, M. E. P. (1968). Chronic fear produced by unpredictable electric shock. *Journal of Comparative and Physiological Psychology*, *66*, 402-411.

1967

4. Overmier, J. B., & Seligman, M. E. P. (1967). Effects of inescapable shock upon subsequent escape and avoidance learning. *Journal of Comparative and Physiological Psychology*, *63*, 23-33.

5. Seligman, M. E. P., & Maier, S. F. (1967). Failure to escape traumatic shock. *Journal of Experimental Psychology*, *74*, 1-9.

Reprinted in McGuigan, P. J., & Woods, P. J. (1972). *Contemporary Studies in Psychology*. New York, NY: Appleton-Century-Crofts.

Reprinted in Millenson, J. R. (Ed.). (1976). *Antologia de Analisa Compartamento*. Brazil: Thesaurus Editora, (Portuguese).

Reprinted in Levine, P. *Stress: Neurobiology and Behavior*. Stroudsburg, PA: Dowden, Hutchinson, and Ross, Inc.

1966

2. Seligman, M. E. P. (1966). Comment on McKeever and Forrin. *Psychonomic Science*, *5*, 299.

3. Seligman, M. E. P. (1966). CS redundancy and secondary punishment. *Journal of Experimental Psychology*, *72*, 246-250.

1965

1. Seligman, M. E. P., & Campbell, B.A. (1965). Effect of intensity and duration of punishment on extinction of an avoidance response. *Journal of Comparative and Physiological Psychology*, *59*, 295-97.

PUBLICATIONS FOR THE GENERAL PUBLIC

Seligman, M. E. P. (2021). APA Speaking of Psychology Podcast: Positive Psychology in a Pandemic, with Martin Seligman, Ph.D.
<https://www.apa.org/research/action/speaking-of-psychology/positive-psychology>

Seligman, M. E. P., & Tierney, J. (2018). When the brain is off to sleep — but hard at work. *The Boston Globe*, March 22, 2018.
<https://www.bostonglobe.com/ideas/2018/03/22/when-brain-off-sleep-but-hard-work/K422MOPSE0M0w4ofZ4SQdI/story.html>

Seligman, M. E. P. (2017). We aren't built to live in the moment. *The New York Times*, May 19, 2017. <https://www.nytimes.com/2017/05/19/opinion/sunday/why-the-future-is-always-on-your-mind.html?action=click&contentCollection=Politics&module=Trending&version=Full®ion=Marginalia&pgtype=article>

Seligman, M. E. P. (1975). Human excellence on wheels. (Review of *Zen and the Art of Motorcycle Maintenance*). *Psychology Today* (U.K.), *1*, 66.

Seligman, M. E. P. Boomer blues. *Psychology Today*, Oct. 1988, 5055.

Reprinted in *Rewriting Writing*. Harcourt, Brace, Jovanovich, Second Edition, 1990.

Reprinted in *Rhetoric Made Plain*, Winkler, McCuen, first edition, 1995.

Zullo, H. M. & Seligman, M. E. P. (1989, January 29). How presidents speak their minds. *The Washington Post*.

Seligman, M. E. P. (1991). To the optimists will go the world. *Los Angeles Times*.

Seligman, M. E. P. (1991-1993). Excerpts from *Learned Optimism*.

First serial publications:

In *Redbook* (1991, January).

In *Family Circle* (1991, February).

Second serial publications:

In *New Age Journal* (1991, March).

In *Family Therapy Networker* (1991, May).

In *Chatelaine* (1991, August).

In *Executive Female* (1991, September).

In *Ladies Home Journal, Parents' Digest Select* (1992, March).

In *Real Beauty* (1993, April)

Seligman, M.E.P. (1992). Wednesday's children. *Psychology Today*, 25, 61.

Seligman, M.E.P. (1993, February 10). When Black Americans play the blame game, they're bound to lose. *Chicago Tribune*, 13.

Seligman, M.E.P. (1994). Excerpts from What You Can Change and What You Can't.

First serial publication:

In *Self* (1994, January).

Second serial publication:

In Reader's Digest, Dump that diet. (1994, May).

Reprinted in Canadian English Reader's Digest (1994, June).

Czech Reader's Digest (1994, July).

Danish Reader's Digest (1994, July).

Hungarian Reader's Digest (1994, July).

Korean Reader's Digest (1994, July).

- Norwegian Reader's Digest (1994, July).
- Portuguese Reader's Digest (1994, July).
- Russian Reader's Digest (1994, July).
- Swedish Reader's Digest (1994, July).
- Finnish Reader's Digest (1994, July).
- French Canadian Reader's Digest (1994, August).
- Dutch Reader's Digest (1994, August).
- Latin American Reader's Digest (1994, August).
- Indian Reader's Digest (1996, June).
- Seligman, M. E. P. (1994). Learn to bounce back. *Success*, August. 41.
- Seligman, M. E. P. (1995). On the virtues of optimism. *Bottom Line Personal*, August 1.1.
- Seligman, M. E. P., Reivich, K., Jaycox, L., & Gillham, J. (1995). *Building optimism*. *Parents*, September, 108-114.
- Seligman, M. E. P. (1995). Are you too good to your kids? *Ladies Home Journal*, October.
- Seligman, M. E. P. (1995). Opinion: To slay a demon preying on American kids. *Knight-Ridder Financial News Wire*, November 1.
- Seligman, M. E. P. (1996). The optimistic life. *Personal Excellence*, February, 8.
- Seligman, M. E. P. (1996). Three smart ways to beat the blues. *Ladies Home Journal*, (*Parent's Digest Select*) April.
- Seligman, M. E. P. (1996). Point/Counterpoint with Marcia Angel: Is pessimism bad for your health. Yes. *Physicians Weekly*, April 15, XIII, 1.
- Seligman, M. E. P. (1998). Smart moves now. *Bottom Line Personal*. May, 11.

Seligman, M. E. P., & Weissberg, R. (1998, May 28). Inflating self-esteem does a disservice to schoolchildren. Less benignly, it can stir violence, too. *USA Today*, 15A.

Seligman, M. E. P. (1998). Preface. In Vazquez, M.D.A.C. *Optimismo Inteligente*. Madrid: Alianza Editorial, (Spanish).

Seligman, M. E. P. (2002). And then man created God. *Science and Spirit*, November-December, 28-33.

Seligman, M. E. P. (2002). Debating human happiness. *Slate*, October 17, <http://slate.msn.com/?id=2072079&entry=2072659>.

Seligman, M. (2007). Crazy or Evil: Classing the Virginia Tech killer among them is an insult to the insane. *Pennsylvania Gazette*, July-August, <http://www.upenn.edu/gazette/0707/expert.html>

Forgeard, M., & Seligman, M. E. P. (2010). Pour que le verre soit toujours à moitié plein. *Cerveau & Psycho*, 37, 48-53.

Seligman, M. E. P. (2011). Building resilience: What business can learn from a pioneering army program for fostering post-traumatic growth. *Harvard Business Review*, April 2011, 100-106.

Reprinted in *Harvard Business Review On Point*, Summer 2014, 110-116.

Seligman, M. E. P. (2013). Evil vs. Crazy: What's in the minds of mass murderers. *Washington Post*, January 3.

Reflective Happiness Newsletters:

1. Undoing Hate. A Program of Research
<http://reflectivehappiness.com/HappinessCenter/Newsletters/2006-05.htm> May 2006
2. Well I'll be Darned: Surprising facts from Positive Psychology
<http://reflectivehappiness.com/HappinessCenter/Newsletters/2006-04.htm> April 2006
3. Ants, Technology and Spirituality
<http://reflectivehappiness.com/HappinessCenter/Newsletters/2006-03.htm> March 2006
4. The Relative and the Absolute
<http://reflectivehappiness.com/HappinessCenter/Newsletters/2006-01>, January 2006
5. Does Happiness have a set point?

<http://reflectivehappiness.com/HapinessCenter/Newsletters/2005-12.htm>, December 2005

6. Measuring what matters most

<http://reflectivehappiness.com/HapinessCenter/Newsletters/2005-11.htm> November 2005

7. Is Depression a Bio Chemical Disease?

<http://reflectivehappiness.com/HapinessCenter/Newsletters/2005-08.htm> August 2005

8. Optimism and the Prevention of Heart Attack

<http://reflectivehappiness.com/HapinessCenter/Newsletters/2005-07.htm> July 2005

9. Medici 2

<http://reflectivehappiness.com/HapinessCenter/Newsletters/2005-06.htm> June 2005

10. Severe Depression and ReflectiveHappiness.com

<http://reflectivehappiness.com/HapinessCenter/Newsletters/2005-05.htm> May 2005

11. Day Arrangers Part 2 – Results Just In

<http://reflectivehappiness.com/HapinessCenter/Newsletters/2005-04.htm> April 2005

12. Day Arrangers Part 1 – Charting what makes you happy

<http://reflectivehappiness.com/HapinessCenter/Newsletters/2005-03.htm> March 2005

13. The Victorious Life

<http://reflectivehappiness.com/HapinessCenter/Newsletters/2005-02.htm> February 2005

14. History of Positive Psychology and ReflectiveHappiness.com

<http://reflectivehappiness.com/HapinessCenter/Newsletters/2005-01.htm>, January 2005

Essays:

Seligman, M. E. P. (2003) *Edge: World Question Center*.

http://edge.org/q2003/q03_seligman.html

Seligman, M. E. P. (2005). *Edge: World Question Center*.

http://edge.org/q2005/q05_9.html#seligman.

Seligman, M. E. P. (2006). Relativism. *Edge: World Question Center*.

http://www.edge.org/q2006/q06_index.html#seligman .

Seligman, M. E. P. (2007). The first coming. *Edge: World Question Center*. http://edge.org/q2007/q07_3.html#seligman.

Seligman, M. E. P. (2008). We are alone. *Edge: World Question Center*. http://www.edge.org/q2008/q08_1.html

Seligman, M. (2009). Much smarter people. *Edge: World Question Center*. <http://edge.org/response-detail/10903>

Seligman, M. (2011). PERMA: Is global well being possible? *Edge: World Question Center*. <http://edge.org/response-detail/10129>

Seligman, M. (2015). Do machines do? *Edge: The Edge Question – 2015*. <https://edge.org/response-detail/26100>

Reprinted in Brockman, J. (Ed.), *What to Think About Machines That Think: Today's Leading Thinkers on the Age of Machine Intelligence*. New York, NY: Harper Perennial, 2015.

PROFESSIONAL PUBLICATIONS:

Seligman, M. E. P. (1994). Three tasks: Celebrating our centennial, appreciating modern assessment, and how to avoid becoming taxi drivers. *The Clinical Psychologist*, 47, (1), 2-3.

Seligman, M. E. P. (1994). Electronic clinical psychology. *The Clinical Psychologist*, 47, (2), 2-3.

Seligman, M. E. P. (1994). APA in crisis: Scientists alienated by election. *The Clinical Psychologist*, 47, (3), 2-3.

Seligman, M. E. P. (1994). Clinical psychology in APA: Three hopes for the new year. *The Clinical Psychologist*, 47, (4), 2-3.

Seligman, M. E. P. (1995-1996). Good news for psychotherapy: the Consumer Reports Study.

In *The California Psychologist*, January, 29(1), 16-17.

In *NYSIPA Notebook*, January, 8(1), 5.

In *The Pennsylvania Psychologist*, February, 56(2), 22-23, 28.

In *The Virginia Psychologist*, March, 15-16.

In *Hawaii Psychologist*, Winter, 19(1), 20-22.

In *The Illinois Psychologist*, Winter, 33(3), 18-19, 24-25.

In *The Washington Psychologist*, December, 49(6), 6-8.

Seligman, M. E. P. (1996). Presidential statement. *APA Monitor*, May, 11-12.

Seligman, M. E. P., Howard, K., O'Mahoney, M., & Lambert, M. (1996). Aiming at the moving target: How much outpatient psychotherapy is enough? *Behavioral Healthcare Tomorrow*, June, 5(3), 44-53.

Seligman, M. E. P. (1996). Long-term psychotherapy is highly effective: the Consumer Reports Study. *Harvard Mental Health Letter*, July, 5-7.

Interview with Marty Seligman, APA President-elect-elect. (1996) *AAP Advance*, Fall, 2.

Seligman, M. E. P. (1996). The pitfalls of managed care. *Feedback: South Carolina Psychological Association*, Fall, 9.

Farley, F., Cummings, N., Seligman, M. E. P., & Spielberger, C. D. (1998). APA Presidents Remember Hans Eysenck: Visionary Psychologist. *The General Psychologist*, 33, 36-44.

Seligman, M. E. P. (1999). Seligman on positive psychology: A session at the National Press Club. *The General Psychologist*, 34, 37-45.

Seligman, M. E. P. (1999). The President's Address. APA 1998 Annual Report. *American Psychologist*, August, 559-562.

BRIDGE PUBLICATIONS:

Seligman, M. E. P. (1991). Bid this hand ... with Paul Soloway. *Bridge Today*, 4, 35-43.

Seligman, M. E. P. (1992). Putting the great bull seal Over: Soloway breaks Crane's all-time record. *Bridge World*, 63, 15-18.

SCHOLARLY PUBLICATIONS ABOUT SELIGMAN

Garcia-Vega Redoudo, L. (2010). Analisis psichohistorico de la obra de Martin E.P. Seligman, Doctoral dissertation, Madrid. Complutense.

Joseph, Stephen & Linley, Alex P. (2006). Positive Psychology Versus the Medical Model?: Comment. *American Psychologist*, *61*, 332-333.

Siang-Yang Tan. (2006). Applied Positive Psychology: Putting Positive Psychology into Practice. *Journal of Psychology & Christianity*, *25*, 68-73.

Kauffman, Carol. (2006). Positive Psychology: The Science at the Heart of Coaching. In Stober, Dianne R., & Grant, Anthony M. (Eds.), *Evidence based coaching handbook: Putting best practices to work for your clients* (pp. 219-253). Hoboken, NJ: John Wiley & Sons, Inc.

Wubbolding, Robert E. (2006). Evolution of Psychotherapy: A Conference of Inner Control. *International Journal of Reality Therapy*, *26*, 35-37.

Melnick, Joseph & Nevis, Sonia March. (2005). The Willing Suspension of Disbelief: Optimism. *Gestalt Review*, *9*, 10-26.

(2005). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. *Family Therapy*, *32*, 61-62.

Hannush, Mufid James. (2005). Character Strengths and Virtues: A Handbook and Classification. *Journal of Phenomenological Psychology*, *36*, 260-265.

Schwartz, Lita Linzer. (2005). Character strengths and virtues: A handbook and classification. *Journal of Psychiatry & Law*, *33*, 531-532.

Carruthers, Cynthia P., & Hood, Colleen Devell. (2004). The power of the positive: Leisure and well-being. *Therapeutic Recreation Journal*, *38*, 225-245.

Savickas, Mark L. (2003). Toward a taxonomy of human strengths: Career counseling's contribution to positive psychology. In Walsh, Bruce W. (Ed). *Counseling psychology and optimal human functioning. Contemporary topics in vocational psychology* (pp. 229-249). Mahwah, NJ: Lawrence Erlbaum Associates Publishers.

Gillham, Jane. (2000). *The science of optimism and hope: Research essays in honor of Martin E.P. Seligman*. West Conshohocken, PA: Templeton Foundation Press.

Subotnik, Rena F. (2000) Talent developed: Conversations with masters in the arts and sciences: Martin Seligman: author and past-president, American Psychological Association. *Journal for the Education of the Gifted*. *24*(1), 97-108.

Simonton, Dean K. (1990). Some optimistic thoughts on the pessimistic-rumination thesis. *Psychological Inquiry*, 1, 73-75.

UNPUBLISHED MANUSCRIPTS

Kamen, L. & Seligman, M. E. P. (September 1986). Explanatory style predicts college grade point average.

Zullow, H., & Seligman, M. E. P. Pessimistic rumination predicts depression: A longitudinal study.

Oettingen, G., Seligman, M. E. P., & Morawska, E.T. Pessimism across cultures: Russian Judaism versus Orthodox Christianity and East versus West Berlin.

Schulman, P., Castellon, C., & Seligman, M.E.P. (December 1988). Guidelines for extracting and rating spontaneous explanations.

Zullow, H. & Seligman, M. E. P. Pessimistic rumination predicts electoral defeat of presidential candidates 1948-84.

Peterson, C. & Seligman, M. E. P. (1984). Content analysis of verbatim explanations: The CAVE technique for assessing explanatory style.

Seligman, M. E. P. (December 1984). Pseudopatient.

Seligman, M. E. P., & Yellen, A. Dreaming as integration of visual and emotional bursts: New findings.

Smith, R., & Seligman, M. E. P. Black and lower class children are more susceptible to helplessness induced, cognitive deficits following unsolvable problems.

Girgus, J., Nolen-Hoeksema, S., Seligman, M. E. P., Paul, G., & Spears, H. Why do girls become more depressed than boys in early adolescence?

Nolen-Hoeksema, S., Girgus, J. S., & Seligman, M. E. P. Depression in children of families in turmoil.

Nolen-Hoeksema, S., Girgus, J. S., & Seligman, M. E. P. Predicting onset and remission of depression in children.

Nolen-Hoeksema, S., Girgus, J., & Seligman, M. E. P. Consequences of depressive symptoms in childhood: The possible origins of dysthymia.

Rettew, D.C., Reivich, K., Peterson, C., Seligman, D. A., & Seligman, M. E. P. Professional baseball, basketball and explanatory style: Predicting performance in the Major League.

Seligman, M. E. P., Schulman, P., Butler, R. P., Priest, R. F., & Burke, W. P. Explanatory style predicts grades and retention among West Point cadets.

Levy, S., Seligman, M. E. P., Morrow, L., Bagley, C., & Lippman, M. Survival Hazards Analysis in First Recurrent Breast Cancer Patients: Seven Year Follow-up.