Resource List*

*Although reasonably representative of the most current literature in the study of strengths, positive psychology, and happiness, the Noel Strengths Academy and Azusa Pacific University does not endorse every interpretation and conclusion drawn by the researchers and scholars represented here.

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Positive Psychology: Foundational and Introductory Books


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


Positive Organizations / Leadership / Community


Psychology of Happiness


**StrengthsQuest / StrengthsFinder / Strengths Theory & Practice**


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