

Reference List for  
*Character Strengths Matter:  
How to Live a Full Life*

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Edited by  
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## **Acknowledgment**

This list of references is produced in loving memory of our professor, Christopher Peterson. We know it was important to him that practice be firmly grounded on research.

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## **Introduction**

This document contains the list of references that support the book, *Character Strengths Matter*, organized by the various character strengths in alphabetical order followed by the applications in the order they appear in the book. The first set of references are ones that appear in many chapters, so they are listed once rather than repeated. For example, practically every chapter references Character Strengths and Virtues, the book written by Christopher Peterson and Martin Seligman with the assistance of many experts in the field to describe the 24 character strengths that they identified.

The first item in each section of Part 1 is the list of researchers acknowledged by Peterson and Seligman for their contributions to the description of that particular character strength in *Character Strengths and Virtues*. Knowing these names may help you find other research on that character strength. For a full list of these contributors in one place, see the following article:

Britton, K. H. (2009). [Thanks! to the contributors to Character Strengths and Virtues](#). *Positive Psychology News*.

Next comes the citation for the original articles on Positive Psychology News (<http://positivepsychologynews.com>) that were anthologized into this book. The rest of the references are the ones used in those articles.

## **Introductory Material in the Book**

### **Shared References**

Multiple chapters refer to the following resources, so they are not repeated in the lists below.

Peterson, C. & Seligman, M. E. P. (2004). [Character strengths and virtues: A handbook and classification](#). Oxford: Oxford University Press.

On pages xiii and xiv of *Character Strengths and Virtues*, there is a list of the key contributors to the book, researchers with special expertise related to one or more character strengths. For each strength below, we list the key contributors contained in that list.

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## **Acting “as if”**

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- Stanislavsky, K. (1936, 1989). [Building A Character](#). Translated by E. R. Hapgood. Routledge Reprint Editions.
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## **Part 1: Exploring Character Strengths**

### **Appreciation of Beauty and Excellence**

Key contributors to the chapter on this strength in *Character Strengths and Virtues*: Jonathan Haidt, Dacher Keltner

Fisher, S. (2015). [Fringe Benefits of Appreciating Beauty and Excellence](#). *Positive Psychology News*.

Algoe, S. B. & Haidt, J. (2009). [Witnessing excellence in action: The “other-praising” emotions of elevation, gratitude, and admiration](#). *Journal of Positive Psychology*, 4: 105–127.

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## **Creativity**

Key contributor to the chapter on this strength in *Character Strengths and Virtues*: Dean Keith Simonton

Heffner, T. (2014). [Be creative like a child](#). *Positive Psychology News*.

See also Kashdan references under [Curiosity](#).

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## **Integrity**

Key contributors to the chapter on this strength in *Character Strengths and Virtues*: Lucy Davidson, Elizabeth Pollard, Kennon M. Sheldon

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## **Kindness**

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Grenville-Cleave, B. (2010). [Are you a half-hearted or whole-hearted helper?](#) *Positive Psychology News*.

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## **Love and be Loved**

Key contributor to the chapter on this strength in *Character Strengths and Virtues*: Cindy Hazan

***How to Tell Ersatz Love from Real Love and Happiness Equals Love, Full Stop***

Vaillant, G. (2009). [How to tell true love from ersatz love](#). *Positive Psychology News*.

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### **Love of Learning**

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