Reference List for

Character Strengths Matter: How to Live a Full Life

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.
Table of Contents

Introduction.............................................................................................................................. 5
Introductory Material in the Book ........................................................................................ 5
    Shared References............................................................................................................... 5
    Acting “as if” ..................................................................................................................... 6
Part 1: Exploring Character Strengths .................................................................................. 7
    Appreciation of Beauty and Excellence ......................................................................... 7
    Courage ........................................................................................................................... 8
    Creativity .......................................................................................................................... 8
    Curiosity ........................................................................................................................... 8
    Fairness ............................................................................................................................. 9
    Forgiveness ..................................................................................................................... 10
    Gratitude .......................................................................................................................... 11
    Hope ................................................................................................................................. 12
    Humility ............................................................................................................................ 12
    Humor ............................................................................................................................... 13
    Integrity ............................................................................................................................. 14
    Kindness ........................................................................................................................... 14
    Leadership ......................................................................................................................... 15
    Love and be Loved .......................................................................................................... 15
    Love of Learning ............................................................................................................ 17
    Open-Mindedness, Judgment, Critical Thinking .............................................................. 17
    Persistence ......................................................................................................................... 18
    Perspective ....................................................................................................................... 18
    Prudence ............................................................................................................................ 19
    Self-regulation ................................................................................................................. 20
    Social Intelligence ........................................................................................................... 20
    Spirituality ......................................................................................................................... 21
    Teamwork, Citizenship ................................................................................................... 21
    Zest, Vitality ...................................................................................................................... 22
    Simple vs Complex Character Strengths .......................................................................... 23

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References for Character Strengths Matter
Part 2: Applications........................................................................................................... 24
Use in Business.................................................................................................................. 24
Using Strengths Assessments ....................................................................................... 24
Taking Strengths on a Vacation ...................................................................................... 24
Using with Young Children .......................................................................................... 25
With High Risk Youth ..................................................................................................... 25
What We Know about Character Strengths .................................................................. 25
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:


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.


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.


Take the Free VIA Survey. VIA Institute on Character

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References for Character Strengths Matter

**Acting “as if”**


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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


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References for *Character Strengths Matter*


**Courage**

Key contributors to the chapter on this strength in *Character Strengths and Virtues*: Tracy A. Steen, Monica C. Worline


**Creativity**

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


See also Kashdan references under *Curiosity*.


**OpenIDEO**: “OpenIDEO is an open innovation platform. Join our global community to solve big challenges for social good.”

**Curiosity**

Key contributor to the chapter on this strength in *Character Strengths and Virtues*: Todd Kashdan

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**Fairness**

Key contributors to the chapter on this strength in *Character Strengths and Virtues*: Marvin W. Berkowitz and Stephen A. Sherblom


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References for Character Strengths Matter


Abstract.


Forgiveness

Key contributor to the chapter on this strength in Character Strengths and Virtues: Michael E. McCullough

Who is Forgiveness For?


Forgiveness or Revenge?


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**Gratitude**

Key contributor to the chapter on this strength in *Character Strengths and Virtues*: Robert Emmons


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**Hope**

There was no key contributor to the chapter on Hope listed in *Character Strengths and Virtues*.


**Humility**

Key contributors to the chapter on this strength in *Character Strengths and Virtues*: Roy F. Baumeister, W. Keith Campbell, Julie Juola Exline, Thomas Joiner, Lauren V. Kachorek, Joachim I. Krueger


Benjamin Franklin, *Passages from his Autobiography*

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References for Character Strengths Matter


**Humor**

Key contributor to the chapter on this strength in *Character Strengths and Virtues*: Willibald Ruch


Baumeister, R. (n.d.). *The meanings of life: Happiness is not the same as a sense of meaning*. How do we go about finding a meaningful life, not just a happy one?


Integrity

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


Kindness

Key contributors to the chapter on this strength in Character Strengths and Virtues: Michael E. McCullough, Stephen G. Post


**Leadership**

Key contributor to the chapter on this strength in *Character Strengths and Virtues*: Stephen J. Zaccaro


**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*


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**Mindful Love**


Cronlund, K. (2009). *Mindfulness Part 1: The best bang for your buck* and *Mindfulness Part 2: A Basis for Coaching*. Positive Psychology News. Kirsten wrote an earlier version of this article that was published in 2009. However it is so appropriate for Valentine’s Day that we’re publishing it again with minor updates.


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**Love of Learning**

Key contributors to the chapter on this strength in Character Strengths and Virtues: K. Ann Renninger, Carol Sansone, Jessi L. Smith


**Open-Mindedness, Judgment, Critical Thinking**

There was no key contributor to the chapter on Open-mindedness, Judgment and Critical Thinking listed in Character Strengths and Virtues.


References for *Character Strengths Matter*

**Persistence**

Key contributors to the chapter on this strength in *Character Strengths and Virtues*: Andrew C. Harter, Dianne M. Tice, Harry M. Wallace


**Perspective**

Key contributor to the chapter on this strength in *Character Strengths and Virtues*: Pamela S. Hartman


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References for *Character Strengths Matter*


**Prudence**

Key contributor to the chapter on this strength in *Character Strengths and Virtues*: Nick Haslam


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References for Character Strengths Matter


**Self-regulation**

Key contributors to the chapter on this strength in Character Strengths and Virtues: Roy F. Baumeister, Kathleen D. Vohs

vanSonnenberg, E. (2011). This is your brain on habits. Positive Psychology News.


**Social Intelligence**

Key contributors to the chapter on this strength in Character Strengths and Virtues: John D. Mayer, Peter Salovey


Live via satellite or webcast from New York’s 92nd Street Y: Building Empathy & Resilience: The Role of the Early Childhood Educator — The live broadcast is now over, but you can purchase a DVD from this site.

A YouTube interview with Dr. Kyle Pruett

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References for *Character Strengths Matter*

**Spirituality**

Key contributor to the chapter on this strength in *Character Strengths and Virtues*: Jacqueline S. Mattis


**Teamwork, Citizenship**

Key contributor to the chapter on this strength in *Character Strengths and Virtues*: Constance C. Flanagan


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References for *Character Strengths Matter*


VIA Institute on Character. *Teamwork as a top character strength*.


**Zest, Vitality**

Key contributors to the chapter on this strength in *Character Strengths and Virtues*: Jessey H. Bernstein, Richard M. Ryan


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References for *Character Strengths Matter*


**Simple vs Complex Character Strengths**


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Part 2: Applications

Use in Business


Using Strengths Assessments


Taking Strengths on a Vacation


Using with Young Children


With High Risk Youth


What We Know about Character Strengths


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References for Character Strengths Matter

use and well-being at work: Test of an intervention program. *Human Relations, 65*, 1233-1252. [Abstract](#).


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