

# Positivity & Social Connection



## Recommended Links and Literature

### Chicago Transit Authority Study

- *Mistakenly Seeking Solitude*, Epley & Schroder, 2014  
<https://faculty.chicagobooth.edu/nicholas.epley/EpleySchroederJEPG2014.pdf>

### Websites

- The Greater Good Science Center (many articles, podcasts, links)  
<https://greatergood.berkeley.edu/>

### TED Talks

- Dan Gilbert – Why Are We Happy?  
[https://www.ted.com/talks/dan\\_gilbert\\_asks\\_why\\_are\\_we\\_happy](https://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy)
- Gretchen Rubin – Connected, But Alone?  
[https://www.ted.com/talks/sherry\\_turkle\\_alone\\_together](https://www.ted.com/talks/sherry_turkle_alone_together)
- Marty Seligman – The New Era of Positive Psychology  
[https://www.ted.com/talks/martin\\_seligman\\_on\\_the\\_state\\_of\\_psychology](https://www.ted.com/talks/martin_seligman_on_the_state_of_psychology)

### Recommended Literature

- *The Happiness Advantage* – Shawn Achor
- *Big Potential* – Shawn Achor
- *10% Happier* – Dan Harris
- *Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked* – Adam Alter
- *Stumbling on Happiness* – Dan Gilbert