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Barbara L Fredrickson

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Positivity and 3 to 1 Happiness Ratio of Barbara Fredrickson

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In her book Positivity: Groundbreaking Research Reveals How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive, (p.221) Fredrickson suggests, Always keep (your portfolio) close at hand, in your briefcase, backpack or handheld. That way you can turn to it when you need it most.

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Barbara Fredrickson is Kenan Distinguished Professor of Psychology and principal investigator of the Positive Emotions and Psychophysiology Laboratory (a.k.a. PEP Lab) at the University of North...

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Via Positivity: Groundbreaking Research Reveals How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive: When my collaborators and I have asked people to become more aware of their kindness toward others, keeping a daily tally of each and every act of kindness, their positivity rises considerably.

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