

BIBLIOGRAPHY FOR "THE SCIENCE OF HAPPINESS" (GG101X)

Note: The citations listed below are only for units that contain a video lecture from a "Science of Happiness" co-instructor (Dr. Keltner or Dr. Simon-Thomas). Units with other types of content are not included in the bibliography.

Week 1: Introduction to the Science of Happiness

Welcome to the Course!

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Happiness Practice #1: Three Good Things

Introduction to Three Good Things

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What Does — and Doesn't — Make Us Happy?

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Intro to Week 2

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The Science of Empathy

The Science of Empathy

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WEEK 3: Kindness & Compassion

Intro to Week 3

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How Kindness Fosters Happiness

The Kindness-Happiness Loop

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Happiness Practice #3: Random Acts of Kindness

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Challenges to Compassion and Kindness--and How to Overcome Them

Challenges to Compassion and Kindness

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Scaling Up Kindness

Kindness is Contagious

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WEEK 4: Cooperation and Reconciliation: Apology & Forgiveness

Intro to Cooperation

The Evolution of Cooperation

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WEEK 7: Mental Habits of Happiness

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Self-Compassionate Letter

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How Goal-Setting Can Foster Happiness

How Goals Can Foster Happiness

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Happiness Practice #8: Best Possible Self

Best Possible Self

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WEEK 8: Gratitude

Intro to Gratitude and Happiness

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Happiness Practice #9: Gratitude Journal

[Intro to Happiness Practice #9: Gratitude Journal](#)

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The Physical and Social Benefits of Gratitude

Physical and Social Benefits of Gratitude

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Challenges to Gratitude

Cultivating Gratitude

Happiness Practice #10: Gratitude Letter

Intro to Happiness Practice #10: Gratitude Letter

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WEEK 9: Finding Your Happiness Fit and the New Frontiers

Intro to the Cutting Edge: Awe

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Happiness Practice #11: Writing About Awe

Intro to Happiness Practice #11: Writing About Awe

Rudd et al., 2012

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Cutting-Edge Topic: Laughter and Play

Laughter

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