

**2010**  
**Martin E.P. Seligman**  
Curriculum Vitae

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Positive Psychology Center  
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[marty@apa.org](mailto:marty@apa.org)

**Personal Information:**

Born: August 12, 1942 in Albany, New York  
Married (Mandy McCarthy Seligman), seven children: Amanda, David, Lara, Nicole, Darryl, Carly, and Jenny

**DEGREES**

A.B., Princeton University, summa cum laude (Philosophy), 1964

Ph.D., University of Pennsylvania (Psychology), 1967

Ph.D., Honoris Causa, Uppsala University, Sweden, 1989

Doctor of Humane Letters, Honoris Causa, Massachusetts College of Professional Psychology, 1997

Ph.D., Honoris Causa, Complutense University, Madrid, 2004

Ph.D., Honoris Causa, University of East London, 2006

**APPOINTMENTS—recent**

2009- Zellerbach Family Professor of Psychology, University of Pennsylvania

2009- Chair, Steering Committee on Positive Neuroscience, Templeton Foundation grant

- 2008- Chair, Steering Committee on Positive Health, Robert Wood Johnson Foundation grant
- 2008- Member, Defense Health Board, subcommittee on Psychological Matters
- 2008- Adviser, Comprehensive Soldier Fitness, U.S. Army
- 2006- Consulting Editor, Perspectives on Psychological Science
- 2006- Distinguished Senior Advisor, Journal of Positive Psychology
- 2004- Director, Positive Psychology Center, University of Pennsylvania
- 2006- Consulting Editor, *Perspectives on Psychological Science*
- 2006- Distinguished Senior Advisor, *Journal of Positive Psychology*
- 2004 Member, Fellows Nominating Committee, American Academy of Political and Social Science
- 2002- Chair, American Psychological Society William James Award Committee
- 2001- Member, American Academy of Political and Social Science
- 2000- Director, Positive Psychology Network
- 2000- Distinguished Founding Fellow, Academy of Cognitive Therapy
- 1998- National Advisory Board, National Association for Gifted Children
- 1997- National Advisory Committee, National Interfaith Coalition for Spiritual Healthcare and Counseling
- 1997- Honorary Professor of Psychology, Department of Psychology, University of Wales, Cardiff
- 1996 - Member, National Academy of Practice
- 1990- Society of Experimental Psychologists
- 1989- Editorial Board, *Behaviour Research and Therapy*

- 1984- Chairman, Scientific Board, Foresight, Inc.
- 1976- Professor of Psychology, University of Pennsylvania

**APPOINTMENTS—past**

- 2000-2005 Member, Board of Trustees, American Psychological Foundation
- 2000-2003 Scientific Director, Values-in-Action Classification of Strengths and Virtues Project, Mayerson Foundation
- 2000-2002 Member, Board of Educational Affairs, American Psychological Association
- 2000-2001 Treasurer, Executive Board, Council of Scientific Society Presidents
- 2000-2002 Member, Board of Educational Affairs, American Psychological Association
- 1999- 2009 Robert A. Fox Leadership Professor of Psychology, University of Pennsylvania
- 1999-2002 Program Director, Positive Psychology Award, John Templeton Foundation
- 1999-2001 Member, Executive Board, Council of Scientific Society Presidents
- 1999 Past-President, American Psychological Association
- 1999-2001 Member, Executive Board, Council of Scientific Society Presidents
- 1999 Secretary, Executive Board, Council of Scientific Society Presidents
- 1998 President, American Psychological Association
- 1997-2003 Founding Editor-in-Chief, *Prevention and Treatment*, [the electronic journal of the American Psychological Association]
- 1997 President-elect, American Psychological Association
- 1997-1999 Member, Board of Directors, American Psychological Association

1996-2000	Board of Advisors, <i>Parents Magazine</i>
1996-1999	Penn National Commission on Society, Culture, and Community
1995-98	Board of Directors, Eastern Psychological Association
1994-95	Founding President, <i>InterPsych</i> [international electronic union of psychiatrists and psychologists]
1993-95	President, Division 12 (Clinical Psychology), American Psychological Association
1982	Visiting Fellow, Max Planck Institute, Berlin, Germany
1975	Visiting Fellow, Maudsley Hospital, Institute of Psychiatry, University of London
1967-70	Assistant Professor of Psychology, Cornell University

### **SCIENTIFIC AND SCHOLARLY AFFILIATIONS—Past**

1987-95	Editorial Board, <i>Philosophical Psychology</i>
1994	Editorial Council, <i>Journal of Psychological Practice</i>
1991-93	Board of Scientific Affairs, American Psychological Association
1990-97	Editorial Board, <i>Applied Psychology: An International Review</i> , Munich, Germany
1990-91	Chairman, Personnel Committee, Faculty of Arts and Sciences, University of Pennsylvania
1989-91	Board of Trustees, Prescott College, Prescott, AZ
1989-90	Member, Personnel Committee, Faculty of Arts and Sciences, University of Pennsylvania
1989-94	Member, Task Force on Graduate Education, American Psychological Society
1988-91	Public Information Committee, American Psychological Association

- 1988-90 Member, Task Force on Women and Depression, American Psychological Association
- 1988-90 Advisory Board, *Psychology Today*
- 1988-89 Member, Founding Steering Committee, American Psychological Society
- 1988-89 Member, NIMH Research Scientist Development Award Study Section
- 1986-87 Member, Personnel Committee, Faculty of Arts and Sciences, University of Pennsylvania
- 1985 Editorial Board, *The Journal of Preventive Psychiatry and Allied Disciplines*
- 1984-85 Co-Chairman, Senior Advisory Board on Longitudinal Studies of Puberty, National Institute of Mental Health
- 1981-88 Social Science Research Council: Sub-Committee on Child Development in Lifespan Perspective
- 1979-88 Social Science Research Council: Committee on Lifespan Development
- 1973-98 Clinical License (Pennsylvania)
- 1964-67 National Science Foundation, Graduate Fellow
- 1964-65 Woodrow Wilson Graduate Fellow
- 1964 Phi Beta Kappa, Sigma Xi
- 1963-64 National Science Foundation, Undergraduate Research Fellowship, Princeton University
- 1960-64 Princeton University Scholarship

**Member**

American Psychological Association

Eastern Psychological Association  
American Association for the Advancement of Science  
American Psychopathological Association  
Society for Research in Psychopathology  
American Psychological Society

**Fellow**

American Association for the Advancement of Science  
American Psychological Association  
    General Division (1)  
    Experimental Division (3)  
    Comparative Division (6)  
    Clinical Division (12)  
    Aging Division (20)  
    Health Division (38)  
Behaviour Research and Therapy Society  
Society of Behavioral Medicine  
American Psychological Society  
Pennsylvania Psychological Association

**GRANTS—current**

2010-      Project Director, "Master Resilience Training for Army Soldiers," Contract  
            # W91WAW-10-D-0018  
            Base Year (2010): \$8,678,820 maximum  
            Option Year 1 (2011): \$8,684,147 maximum  
            Option Year 2 (2012): \$8,689,634 maximum

2008-2012 Principal Investigator, "Exploring the Concept of Positive Health," Robert Wood Johnson Foundation, #63597, \$2,771,990

2009-2013 Principal Investigator, "A New Research Competition and Network to Accelerate Progress at the Interface of Positive Psychology and Neuroscience," Templeton Foundation, #13759, \$5,816,793

### **GRANTS—past**

2005-2008 Principal Investigator, "Grit Research," John Templeton Foundation, #11544

2005-2007 Principal Investigator, "Positive Psychology Research," John Templeton Foundation, #11286

2002-2006 Principal Investigator, "Prevention of Depression in School Children," National Institute of Mental Health, MH 52270

2001-2006 Principal Investigator, "Prevention of Depression with a Web-Based Supplement," National Institute of Mental Health, MH63430

2003-2004 Principal Investigator, "Learned Optimism and the Empowerment of People with Disabilities," U.S. Department of Education subcontract from George Washington University, Grant #H264A980002

2002-2006 Principal Investigator, "Positive Psychology and the Cultivation of Character Among Youth," Fund for the Improvement of Education: Partnerships in Character Education Program, U.S. Department of Education, R215S020045

2002-2004 Principal Investigator, "Positive Youth Development as a Means of Preventing Disorders, Violence, and Suicide," Annenberg Sunnylands Trust Foundation

2001-2003 Principal Investigator, "Positive Psychology Young Scholars Grants Program," John Templeton Foundation, #1605

2000-2002 Principal Investigator, "Positive Psychology Prize," John Templeton Foundation, #1119

1999-2004 Principal Investigator, "The Positive Psychology Network," The Atlantic

## Philanthropies

- 1999-2003 Principal Investigator, "The Positive Psychology Network," The Annenberg Foundation
- 1996-2001 Principal Investigator: "Prevention of Depression in School Children," National Institute of Mental Health, MH 52270
- 1991-2001 Principal Investigator: "Prevention of Depression by Change in Explanatory Style," National Institute of Mental Health, MH 19604
- 1991-2001 Merit Award, National Institute of Mental Health
- 1987-90 Principal Investigator: "Explanatory Style as a Predictor of Mortality and Morbidity," National Institute of Aging, AG0550
- 1985-92 Principal Investigator: "Helplessness and Attributional Style in Children," National Institute of Mental Health, MH 40142
- 1984-89 Member, MacArthur Foundation Network on Determinants and Consequences of Health-Promoting and Health-Damaging Behavior
- 1974-77 Principal Investigator: "Learned Helplessness, Depression and Social Behavior," National Science Foundation, SOC 74 12063
- 1971-91 Principal Investigator: "Depression and Learned Helplessness" and other titles, National Institute of Mental Health, MH 19604
- 1969-71 Principal Investigator: "Helplessness and Chronic Fear," National Institute of Mental Health, MH 16546

**AWARDS**

- 2009 Inaugural British Academy Wiley Prize in Psychology (for Lifetime Achievement)
- 2007 Master Lecturer, American Psychological Association
- 2006 Distinguished Scientific Contribution Award, American Psychological Association

- 2005 Best Book in Clinical Medicine, Association of American Publishers. Treating and preventing adolescent mental health disorders: What we know and what we don't know.
- 2005 Distinguished Scientific Achievement Award, Division 12 (Clinical), American Psychological Association
- 2004 NAGC President's Award, National Association for Gifted Children
- 2003 Best Psychology Book, Books for A Better Life. *Authentic Happiness*.
- 2003 Grace of the Moment Medal, Elka Wintergarten Foundation
- 2002 Lifetime Achievement Award, California Psychological Association
- 2001 Theodore Roosevelt Fellow, American Academy of Political and Social Science
- 2002 Presidential Citation for Lifetime Achievement, American Psychological Association
- 2000 Arthur Staats Award for Unification of Psychology
- 1998 Psi Chi Frederick Howell Lewis Distinguished Lecturer
- 1998 Kaiser-Permanente Distinguished Contribution to Public Health Award
- 1997 Best of the Bulletin Award (for best feature article), American Psychological Association, Division 42 (Independent Practice)
- 1997 Zubin Award, Society for Research in Psychopathology (for lifetime achievement)
- 1996- Member, National Academy of Practice
- 1996 Master Lecturer, American Psychological Association
- 1995 Distinguished Practitioner, National Academy of Practice in Psychology
- 1995 James McKeen Cattell Fellow Award, American Psychology Society (for applications of scientific knowledge)
- 1995 Distinguished Scientific/Professional Contribution Award, Pennsylvania Psychological Association

- 1992 Distinguished Scientist Lecturer, American Psychological Association
- 1992 Distinguished Contribution Award for Basic Research with Applied Relevance, American Association of Applied and Preventive Psychology
- 1991 William James Fellow Award, American Psychological Society (for contributions to basic science)
- 1988 G. Stanley Hall Lecturer (honoring one undergraduate teacher of abnormal psychology in the U.S.), American Psychological Association
- 1986 Distinguished Scientific Contribution Award, American Psychological Association, Division 12 (Clinical), Section 3 (Experimental)
- 1978-79 Fellow, Center for Advanced Study in Behavioral Sciences, Stanford, CA
- 1976 Distinguished Scientific Contribution Award (for early career contribution in animal learning), American Psychological Association
- 1974-75 Guggenheim Fellow
- 1964-67 National Science Foundation Graduate Fellowship, University of Pennsylvania
- 1964-65 Woodrow Wilson Fellowship
- 1964 Philosophy of Mind Prize, Princeton University

**BOOKS**

A. Seligman, M. E. P., & Hager, J. (Eds.). (1972). *Biological boundaries of learning*. New York: Appleton-Century-Crofts.

B. Seligman, M.E.P. (1975). *Helplessness: On depression, development, and death*. San Francisco: W. H. Freeman.

**Editions:**

1. *Helplessness*. (1976). Tokyo: Tuttle-Mori Agency, Inc. (Japanese).
2. *Hjalphloshet*. (1976). Stockholm: Albert Bonniers (Swedish).
3. *Hiflosigkeit*. (1976). Munich: Urban and Schwarzenburg (German).  
Two editions.
4. *Desamparo*. (1977). Sao Paulo: Hucitec-Edsup (Portuguese).
5. *Helplessness*. (1977). Seoul (Korean).
6. *Helplessness*. (1978). Rome: Bulzoni Editore (Italian).
7. *Hulpeloosheid*. (1979) Netherlands: Nelissen and Bloemendaal (Dutch).
8. *Helplessness*. (1981). Tokyo: Seishin Shobo Ltd. (Japanese).
9. *Indefension*. (1981). Madrid: Editorial Debate (Spanish).

C. Maser, J., & Seligman, M.E.P. (Eds.). (1977). *Psychopathology: Experimental models*. San Francisco: W. H. Freeman.

**Edition:**

1. *Modelos Experimentales en Psicopatologia*. (1983) Madrid: Ikhambra Universidad (Spanish).

D. Garber, J., & Seligman, M.E.P. (Eds.). (1980). *Human helplessness: theory and applications*. New York: Academic Press.

E. Rosenhan, D.L., & Seligman, M.E.P. (1984). *Abnormal psychology*. New York: W. W. Norton.

F. Rosenhan, D.L., & Seligman, M.E.P. (1989). *Abnormal psychology*. (2d ed.). New York: W. W. Norton.

**Edition:**

1. *Psychopatologia*. (1994). Warsaw: Polskie Towarzystwo Psychologiczne, (Polish).

G. Seligman, M.E.P. (1990). *Learned optimism*. New York: Knopf.

**Editions:**

1. (1990). *El Optimismo Se Adquiere*. Buenos Aires: Editorial Atlantida, (Spanish, Argentina).
2. (1991). *Pessimismus Kusst Man Nicht*. Munich: Droemer, (German).
3. (1991). Tokyo: *Kodansha*, (Japanese). Paperback: *Kodansha* (1995).
4. (1991). *Optimisme Kun Je Leren*. Utrecht: Het Spectrum (Dutch).
5. (1992). *Apreda a Ser Otimista*. Rio de Janiero: Distribuidora Record de Servicos de Imprensa, S.A., (Portuguese, Brazil).
6. (1992). Australian Edition. Sydney: Random-Century.
7. (1992). *Optimistin Kasikrja*. Finland: Otava (Finnish).
8. (1993). Warsaw: Media Rodzina, (Polish).
9. (1994). *Apprendre L'Optimisme*. Paris: InterEditions (French).
10. (1995). Montreal: Editions Sogides (French).
11. (1996). *Imparare L'Ottimismo*. Florence: Giunti Gruppo Editoriale (Italian).
12. (1996). Taipei, Taiwan: Yuan-Liou Press (Chinese, complex).
13. (1996). Seoul, Korea: Origin (Korean).
14. (1997). Moscow, Russia: Perseus Publishers (Russian)

15. (1998). Barcelona, Spain: Ediciones Grijalbo (Spanish).
16. (1998). Taipei, Taiwan: Xinhua (Chinese, simple).
17. (2000). Warsaw: Media Rodzina (Polish).
18. (2001). Seoul, Korea: Origin (Korean).
19. (2001). Bulgaria: Kibea (2001).
20. (2002). Oslo, Norway: Forlaget WEM (Norwegian).
21. (2002). Riyadh, Saudi Arabia: Jarir (Arabic).
22. (2003). Bucharest, Romania: Humanitas (Romanian).
23. (2005). Croatia: I.E.P. (Croatian).
24. (2005). Turkey: Hekimler Yayin Birliigi (Turkish).
25. (2007). Budapest: Laurus (Hungarian).
26. (2007). Thailand: WeLearn (Thai).
27. (2007). Taiwan: Yuan-Liou Publishing Co., Ltd. (Chinese, complex).
28. (2007). Korea: Book 21 (Korean).
29. (2007). Beijing: China Renmin University Press (Chinese, simplified).
30. (2008). Paris: Dunod Editeurz (French).
31. (2008). Indonesia: Salamadani (Indonesian).
32. (2008). Ljubljana: Mladinska Knjijiga Zalozba (Slovene).
33. (2008). Hungary: Lexecon (Hungarian).
34. (2010). Warsaw: Harbor Point Sp. z o.o. (Polish)

### **Other Editions:**

Book of the Month Club (1991).

Rodale Press Book Club (1991).

Psychotherapy and Social Science Book Club (1991).

Quality Paperback Book Club (1991).

Paperback Edition: Pocket Books (Simon & Schuster) (1991).

Audio Edition: Simon & Schuster (1991).

H. Seligman, M.E.P. (1991). *Helplessness: On depression, development, and death*. (2d ed.). New York: W. H. Freeman.

I. Peterson, C., Maier, S., & Seligman, M.E.P. (1993). *Learned helplessness: A theory for the age of personal control*. New York: Oxford.

#### **Edition:**

1. (2000). Osaka: Nihei-sha, (Japanese).

J. Buchanan, G., & Seligman, M.E.P. (Eds.). (1995). *Explanatory style*. Hillsdale, N.J.: Erlbaum.

K. Seligman, M.E.P. (1994). *What you can change and what you can't*. New York: Knopf.

#### **Editions**

1. Australian Edition. (1994). Sydney: Random-Century

2. (1994). Warsaw: Media Rodzina (Polish).

3. (1994). *Psychologie heute* (German).

4. (1995). *No puedo ser mas alto pero puedo ser mejor*. Barcelona: Grijalbo Mondadori S.A. (Spanish).

5. (1995). *O que voce pode e o que nao pode modar*. Rio de Janeiro: Editora Objetiva (Portuguese).

6. (1995). *Changer oui c'est possible*. Paris: Editions Sogides (French).

7. (1997). Moscow: Persei (Russian).
8. (1999). Taiwan: Yuan-Liou Publishing Co. (Chinese).
9. (2003). Taiwan: Yuan-Liou Publishing Co. (Chinese, complex).
10. (2004). Warsaw: Media Rodzina (Polish).
11. (2005). Riyadh, Saudi Arabia: Jarir (Arabic).
12. (2005). Turkey: Hekimler Yayin Birliđi (Turkish).
13. (2007). Beijing: China Renmin University Press (Chinese, simplified).
14. (2007). Portugal: Pergaminho (Portuguese).
15. (2008). Mulpure Publishing Co. (Korean).
16. (2008). SC Humanitis SA. (Romanian).
17. (2008). Mladinska Kngiga Zalozba (Slovene).
18. (2009). Romania: SC Humanitas (Romanian).
19. (2010). Warsaw: Harbor Point, Sp. z o.o.

**Other Editions:**

Book of the Month Club (1994)

Audio Edition: Simon and Schuster (1994)

Paperback edition, Ballantine (1995)

L. Rosenhan, D.L., & Seligman, M.E.P. (1995). *Abnormal psychology*. (3d ed.). New York: W. W. Norton.

M. Seligman, M.E.P., Reivich, K., Jaycox, L., & Gillham, J. (1995). *The optimistic child*. New York: Houghton Mifflin.

**Editions:**

1. Australian edition. (1995). Sydney: Random House.
2. (1997). *Rowohlt* (German).
3. (1997). Warsaw: Media Rodzina (Polish).
4. (1998). *Det optimistiska barnet*. Jonkoping: Brain Books (Swedish).
5. (1998). *Am oved* (Hebrew).
6. (1998). Taipei, Taiwan: Yuan-Liou Press (Chinese, complex).
7. (1999). *Ninos Optimistas*. Barcelona: Grijalbo, (Spanish).
8. (2004). *Origin* (Korean).
9. (2004). Random House Mondadori (Spanish).
10. (2004). Shanghai Literature & Arts (Chinese, simple).
11. (2004). Taiwan: Yuan-Liou Publishing Co. (Chinese, complex).
12. (2004). *Diamond* (Japanese).
13. (2005). Jarir Bookstore (Arabic).
14. (2005). Sperling & Kupfer (Italian).
15. (2005). Croatia: I.E.P. (Croatian).
16. (2007). Beijing: China Renmin University (Chinese, simplified).
17. (2008). Taiwan: Yuan-Liou Publishing Co., Ltd. (Chinese, complex).
18. (2008). Budapest: Profil Training Kft. (Hungarian).
19. (2009). Warsaw: Graal Ltd. (Polish).
20. (2010). Ljubljana: Modrijan (Slovene).

**Other Editions:**

Book of the Month Club, 1995

Paperback edition, Harper Collins, 1996

Audio Edition: Harper Collins, 1996

N. Seligman, M.E.P. (1998). *Learned optimism*. (2d ed.). New York: Pocket Books (Simon and Schuster).

O. Seligman, M.E.P., & Rosenhan, D.L. (1998). *Abnormality*. New York: W.W. Norton.

P. Gillham, J.E. (Ed). (2000). *The science of optimism and hope: research essays in honor of Martin E. P. Seligman*. Radnor, PA: Templeton Foundation Press.

Q. Seligman, M.E.P., Walker, E., & Rosenhan, D.L. (2001). *Abnormal psychology*. (4<sup>th</sup> ed.) New York: W.W. Norton.

R. Chiro, D., & Seligman, M.E.P. (Eds.) (2001). *Ethnopolitical warfare: Causes, consequences, and possible solutions*. Washington, D.C.: APA Press.

S. Seligman, M.E.P. (2002). *Authentic Happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. New York: Free Press.

### **Editions:**

1. (2002). NSW, Australia: Random House Australia.
2. (2002). Utrecht, The Netherlands: Uitgeverij Het Spectrum BV (Dutch).
3. (2003). Munich, Germany: Ehrenwirth/Luebbe (German).
4. (2003). Israel: Modan Publishers (Hebrew).
5. (2003). Taiwan: Yuan-Liou (Chinese, Complex).
6. (2003). Rio de Janeiro, Brazil: Editora Objetiva (Portuguese).
7. (2003). Milan, Italy: Sperling & Kupfer (Italian).
8. (2003). Madrid, Spain: Ediciones B (Spanish).

9. (2003). Euromedia, (Czech).
10. (2003). CITIC, (Chinese simple).
11. (2003). UK: Nicholas Brealey Publishing (English).
12. (2003). Aspect (Japanese).
13. (2003). Seoul: Malpure (Korean).
14. (2003). Aschehoug (Danish).
15. (2003). Warsaw: Media Rodzina (Polish).
16. (2003). Ediciones d'Ada (French).
17. (2003). Livanis (Greek).
18. (2004). Khabarovsk (Russian).
19. (2005). Turkey: Hekimler Yayin Birliigi (Turkish).
20. (2005). Indonesia: Mizan Publishing (Indonesian).
21. (2006). Russia: Sophia (Russian).
22. (2006). Riyadh: Jarir Bookstore (Arabic).
23. (2007). Budapest: Profil Training Kft. (Hungarian).
24. (2007). Norway: Kaleidoskopet (Norwegian).
25. (2007). Taiwan: Yuan-Liou Publishing Co., Ltd. (Chinese, complex).
26. (2007). Beijing: China Renmin University Press (Chinese, simplified)
27. (2007). Thailand: WeLearn (Thai).
28. (2007). Sweden: Optimal/Pagina Forlags AB (Swedish)
29. (2007). Romania: SC Humanitas (2007).
30. (2008). Helsinki: Art House Group (Finnish)

31. (2008). Estonia: Pilgrim Group (Estonian)
32. (2008). Portugal: Pergaminho (Portuguese)
33. (2010). Russia: Mann, Ivanov and Ferber (Russian).
34. (2010). Serbia: Zavod Za Udzebnike (Serbian).

### **Other Editions:**

Audio Edition: Simon & Schuster Audio, 2003

T. Peterson, Christopher & Seligman, M.E.P. (2004). *Character strengths and virtues: A handbook and classification*. Washington, D.C.: APA Press and Oxford University Press.

U. Evans, D. L., Foa, E., Gur, R., Hendrin, H., O'Brien, C., Seligman, M.E.P. & Walsh, B.T. (Eds.). (2006). *Treating and preventing adolescent mental health disorders: What we know and what we don't know*. New York: Oxford University Press, The Annenberg Foundation Trust at Sunnylands, and The Annenberg Public Policy Center of the University of Pennsylvania.

V. Seligman, M.E.P. (2007) *What you can change and what you can't*. (2d ed.) New York: Vintage.

W. Seligman, M.E.P., Reivich, K., Jaycox, L., & Gillham, J. (2007). *The optimistic child*. (2d ed.) New York: Mariner Books.

**SCIENTIFIC AND SCHOLARLY PUBLICATIONS****2010**

237. Gillham, J., Adams-Deutsch, Z., Werner, J., Reivich, K., Coulter-Heindl, V., Linkins, M., Winder, B., Peterson, C., Park, N., Abenavoli, R., Contero, A. & Seligman, M.E.P. (in press). Character Strengths Predict Subjective Well-Being during Adolescence. *Journal of Positive Psychology*.

**2009**

230. Peterson, C., Park, N., Hall, N., & Seligman, M.E.P. (2009). Zest and work. *Journal of Organizational Behavior*, 30(2), 161-172.

231. Hassett, A., Maclean, R., Peterson, C., Stuart, M., Buyske, S., Park, N., et al (2009). The observational evaluation of subjective well-being in patients with rheumatoid arthritis. *Applied Psychology: Health and Well-Being*, 1(1), 46-61.

232. Parks, A., and Seligman, M.E.P. (2009). Positive psychology: human happiness. In J. Weil, D. Blumel, S. Malmoli, & J. Netting (Eds.), *Yearbook of science & technology: 2009* (pp. 308-309). New York: McGraw-Hill.

233. Seligman, M.E.P., Gillham, J., Reivich, K., Linkins, M., & Ernst, R. (2009). Positive Education. *Oxford Review of Education*, 35(3), 293-311.

234. Seligman, M.E.P. & Kahana, M. (2009). Unpacking intuition. *Perspectives on Psychological Science*, 4(4), 399-402.

235. Peterson, C., Stephens, J. P., Park, N., Lee, F., & Seligman, M.E.P. (2009). Strengths of character and work. In P. A. Linley, S. Harrington, & N. Page (Eds.), *Handbook of positive psychology and work*. (pp. 221-231). New York: Oxford University Press.

236. Chaplin, T.M, Gillham, J.E., Seligman, M.E.P. (2009). Gender, anxiety, and depressive symptoms. *The Journal of Early Adolescence*, 29(2), 307-327.

**2008**

227. Seligman, M.E.P. (2008). Positive health. *Applied Psychology: An International Review*, 57, 3-18.

228. Peterson, C., Park, N., Pole, N., D'Andrea, W., & Seligman, M.E.P. (2008). Strengths of character and posttraumatic growth. *Journal of Traumatic Stress, 21*(2), 214-217.

229. Schueller, S., and Seligman, M.E.P. (2008) . Optimism and pessimism. In K.S. Dobson & D.J.A. Dozois (Eds.), *Risk factors in depression*. 1st ed. (pp. 171-94). New York: Elsevier Inc.

## 2007

222. Cardemil, E., Reivich, K.J., Beevers, C.G., Seligman, M.E.P., & James, J. (2007). The prevention of depressive symptoms in low-income, minority children: Two-year follow-up. *Behaviour Research and Therapy, 45*, 313-327.

223. Seligman, M.E.P., Schulman, P., & Tryon, A. (2007). Group prevention of depression and anxiety symptoms. *Behaviour Research & Therapy, 45*(6), 1111-1126.

224. Gillham, J., Reivich, K., Freres, D., Chaplin, T., Shatté, A., Samuels, B., et al. (2007). School-based prevention of depressive symptoms: A randomized controlled study of the effectiveness and specificity of the Penn Resiliency Program. *Journal of Consulting & Clinical Psychology, 75*(1), 9-19.

225. Seligman, M.E.P. (2007). Coaching and positive psychology. *Australian Psychologist, 42*(4), 266-267.

226. Linley, P.A., Maltby, J., Wood, A., Joseph, S., Harrington, S., Peterson, C., Park, et al (2007). Character strengths in the United Kingdom: The VIA inventory of strengths. *Personality & Individual Differences, 43*(2), 341-351.

## 2006

212. Chaplin, T.M., Gillham, J.E., Reivich, K., Levy-Elkton, A., Samuels, B., Freres, D.R., et al (2006). Depression prevention for early adolescent girls: A pilot study of all-girls versus co-ed groups. *Journal of Early Adolescence, 26*, 110-126.

213. Duckworth, A.L. & Seligman, M.E.P. (2006). Self-discipline outdoes IQ in predicting academic performance of adolescents. *Psychological Science, 16*, 939-944.

214. Duckworth, A.L. & Seligman, M.E.P. (2006). Self-discipline gives girls the edge: Gender in self-discipline, grades, and achievement test scores. *Journal of Educational Psychology, 98*, 198-208.

215. Gillham, J. E., Reivich, K. J., Freres, D. R., Lascher, M., Litzinger, S., & Shatte, A. et al. (2006). School-based prevention of depression and anxiety symptoms in early adolescence: A pilot of a parent intervention component. *School Psychology Quarterly, 21*, 323-348.

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