

## CURRICULUM VITAE

### SONJA LYUBOMIRSKY

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### EDUCATION AND EMPLOYMENT

#### HARVARD UNIVERSITY

A.B., Psychology, *summa cum laude*, 1989

#### STANFORD UNIVERSITY

Ph.D., Social Psychology, 1994

#### UNIVERSITY OF CALIFORNIA, RIVERSIDE

Assistant Professor, Department of Psychology, 1994-2001

Associate Professor, Department of Psychology, 2001-2005

Professor, Department of Psychology, 2005-present

Vice Chair, Department of Psychology, 2017-present

### FELLOWSHIPS, HONORS, AND AWARDS

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| 2017      | Top 4 Highest Cited Researchers at UC Riverside, Clarivate Analytics Web of Science  |
| 2017      | Kenan Distinguished Visiting Scholar, University of North Carolina, Chapel Hill  |
| 2016-2018 | Distinguished International Faculty, Indian Institute of Technology, Kharagpur, INDIA  |
| 2016      | Dennis L. Chernin Memorial Lecturer, Department of Psychology, Yale University   |
| 2015      | Named to Top 50 Leadership Innovators, <i>Inc.</i>   |
| 2015      | Named to Top 50 Scientists in the World, <i>Business Insider</i>   |
| 2015      | Maret Distinguished Alumni Award, The Maret School, Washington DC  |
| 2014      | Honorary Life Member, The Little Portion Community Project, London, UK   |
| 2013      | Faculty of the Year Award, Department of Psychology, University of California, Riverside   |
| 2013      | Invited Speaker to the IPPA Membership, Leaders Series, International Positive Psychology Association  |
| 2012      | Outstanding Research Award (with Nelson, Layous, Oberle, and Schonert-Reichl), 2012 Science of Compassion Conference                                 |
| 2011      | Honorable Mention, Action Teaching Award, Social Psychology Network  |
| 2009      | Elected Member, Society of Experimental Social Psychology  |
| 2008      | First place winner (PI, Ken Sheldon), The Mind Gym Academic Prize  |
| 2008      | Invited Speaker to the IPPA Membership, Leaders Series, International Positive Psychology Association  |
| 2006      | <i>Journal of Happiness Studies</i> Best Paper Award   |
| 2007      | Kenan Distinguished Visiting Speaker, Department of Psychology, University of North Carolina, Chapel Hill  |
| 2006      | Invited Speaker and Participant in Dialogue with the 14 <sup>th</sup> Dalai Lama, UBC Institute of Mental Health, Orpheum Theatre, Vancouver, Canada |
| 2004      | Visiting Scholar, Oklahoma Scholars Leadership Program, University of Oklahoma   |
| 2002      | Templeton Positive Psychology Prize, American Psychological Association (\$15,000)   |
| 2000      | Faculty of the Year Award, Department of Psychology, University of California, Riverside   |
| 2000-2001 | Regent's Faculty Fellowship/Faculty Development Award  |
| 1999-2000 | Faculty Mentor of the Year, University Honors Program  |
| 1999-2002 | Invited Participant, Positive Psychology Conference, Akumal, Mexico  |

1998-1999	Regent's Faculty Fellowship/Faculty Development Award
1997-1998	Faculty Research Incentive Grant
1996-1997	Faculty Research Incentive Grant
1994-2014	Academic Senate Research and Travel Award
1994	Graduate Speaker, Commencement Ceremonies, Department of Psychology, Stanford University
1994	Centennial Teaching Assistant Award, Stanford University
1993-1994	National Institutes of Mental Health, Individual National Research Service Award
1992-1993	Stanford University Fellowship
1989-1992	National Science Foundation Graduate Fellowship
1989	Jacob Javits Foundation Pre-Doctoral Fellowship (declined)
1989	Phi Beta Kappa, Harvard University
1989	Thomas T. Hoopes Prize for Outstanding Scholarly Work, Harvard University
1989	Faculty Prize for Outstanding Honors Thesis, Department of Psychology, Harvard University
1988-1989	Ford Foundation Grant for Undergraduate Research
1985	Phi Delta Kappa Scholarship Grant for Future Educators

### **Fellow Status**

2013	International Positive Psychology Association
2013	Association for Psychological Science
2008	Society for Personality and Social Psychology
2009	Center for Ideas and Society, University of California, Riverside.

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## **RESEARCH INTERESTS**

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### **The Architecture of Sustainable Happiness**

- \* Mechanisms of Sustainable Change in Long-Term Positive Affect
- \* The Positive Activity Model: Mediators and Moderators of the Effects of Activity-Based Happiness-Increasing Interventions
- \* Pursuing Sustainable Happiness Through Practicing Gratitude, Kindness, Optimism, Attention Redirection, Extraverted Behaviors, Self-Compassion, Awe, Savoring, and Self-Affirmation
- \* Targeting Positive Activity Interventions to Match People's Philosophical Views of Well-Being
- \* Under What Conditions and Individual Differences Might Positive Activities Backfire?

### **The Architecture of Strengths: Generosity, Gratitude, and Humility**

- Well-Being Benefits, Spill-Over Effects, Pay-It-Forward Effects, and Elevation Effects of the Propagation of Generosity in a Social Network
- \* Gratitude as a Trigger of Self-Control and Self-Improvement Efforts in the Domains of Work, School, Health, Benevolence, and Parenting Among Adults and Adolescents
- Measurement, Antecedents, Causes, Mechanisms, and Consequences of State Humility for Individuals and Organizations
- Self-Affirmation, Gratitude, and Awe as Triggers and Outcomes of Humble Feelings
- How Can People Become Lastingly More Humble?: Developing a Long-Lasting Humility-Boosting Program

### **Why Are Some People Happier Than Others?: Cognitive, Motivational and Behavioral Processes in Subjective Happiness**

- \* Individual and Societal Benefits of Happiness and Positive Affect
- \* The Parenthood Paradox: When and Why Are Parents More or Less Happy?
- \* Ambulatory, Sociometric, Genomic, Psychophysiological, EEG, Smartphone, and Virtual Reality Methodologies to Assess and Induce Happiness and Its Outcomes

### Cultural, Population, and Age Influences on the Pursuit of Happiness

- Cultural Differences in the Mechanisms and Effectiveness of Happiness-Increasing Interventions: Trials With Asian-American, Japanese, Chinese, Hong Kong, Taiwanese, Korean, Indian, Chilean, Hungarian, German, French, Spanish, Canadian, and British Participants
- Mechanisms Underlying the Success of Happiness-Increasing Interventions in Middle School Students, High School Students, Coronary Heart Disease Patients, and Corporate Employees
- Positive Activities as Protective Factors Against Mental Health Conditions in At Risk and Clinical (Suicidal, Depressed, Anxious) Populations
- Meaning, Experience, and Expression of Happiness and Suffering: The U.S. vs. Russia

### Hedonic Adaptation to Positive Experiences

- Adaptation to Positive Experience as a Barrier to Sustainable Happiness: Mechanisms (Appreciation, Novelty, Variety) and Interventions
- The Role of Elevated Aspirations in Consumerism, Materialism, Indebtedness, and Overspending: Thwarting Hedonic Adaptation and Fostering Thrift

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## PUBLICATIONS

[h-index: 59](#) [total citations: 31,925](#)

### Books

1. **Lyubomirsky, S.** (2013). *The myths of happiness: What should make you happy, but doesn't, what shouldn't make you happy, but does*. New York: Penguin Press. [themythsofhappiness.org](http://themythsofhappiness.org)

#### Published foreign editions:

- Lyubomirsky, S. (2013). *The myths of happiness: What should make you happy, but doesn't, what shouldn't make you happy, but does* (X, Trans.). Beijing, China: Cheers Books
- Lyubomirsky, S. (2013). *Boldogság-mitoszok: Tények és tévhitek*. (X, Trans.). Budapest, Hungary: Ursus Libris.
- Lyubomirsky, S. (2013). *Mitovete za schastieto* (Nadya Bayeva, Trans.). Sofia, Bulgaria: Obsidian.
- Lyubomirsky, S. (2013). *Mity o szczęściu*. (X, Trans.). Warsaw, Poland: Laurum.
- Lyubomirsky, S. (2013). *The myths of happiness*. (X, Trans.). Seoul, South Korea: Knowledge Nomad.
- Lyubomirsky, S. (2013). *De mythes van geluk: Wetenschappelijke inzichten in wat ons écht gelukkig maakt* (Fanneke Cossen, Trans.). Utrecht, Netherlands: Bruna.
- Lyubomirsky, S. (2014). *Qu'est-ce qui nous rend vraiment heureux?* (Laurent Bury, Trans.). Paris: Les Arènes.
- Lyubomirsky, S. (2014). *Myterne om lykke*. (Henriette Rostrup, Trans.). Copenhagen, Denmark: Dansk Psykologisk Forlag.
- Lyubomirsky, S. (2014). *Mitai apie laimę*. (Margarita Bautrėnienė, Trans.). Vilnius, Lithuania: Alma Littera.
- Lyubomirsky, S. (2014). *Los mitos de la felicidad* (Martín R-Courel Ginzo, Trans.). Barcelona, Spain: Urano.
- Lyubomirsky, S. (2014). *The myths of happiness* (X, Trans.). Tokyo, Japan: Nihon Jitsugyo Shuppan.
- Lyubomirsky, S. (2014). *Os mitos da felicidade: O que deveria fazer você feliz, mas não faz; o que não deveria fazer você feliz, mas faz*. (X, Trans.). Rio de Janeiro, Brazil: Odisseia.
- Lyubomirsky, S. (2014). *Oi mythoi tis eftychias*. (X, Trans.). Athens, Greece: Menandros Editions.
- Lyubomirsky, S. (2015). *The myths of happiness* (X, Trans.). Bangkok, Thailand: Matichon.
- Lyubomirsky, S. (2015). *The myths of happiness* (X, Trans.). Tel Aviv, Israel: Kinneret-Zmora.

#### Foreign editions under contract:

- Kapital (Turkey)
- Longstone (Taiwan)

2. **Lyubomirsky, S.** (2008). *The how of happiness: A scientific approach to getting the life you want*. New York: Penguin Press. [thehowofhappiness.com](http://thehowofhappiness.com)

\*1,410 citations

#### Published foreign editions:

- Lyubomirsky, S. (2008). *De maakbaarheid van het geluk* (Frans van Delft, Trans.). Amsterdam, Netherlands: Archipel.
- Lyubomirsky, S. (2008). *Glücklich sein: Warum sie es in der hand haben, zufrieden zu leben* (Jürgen Neubauer, Trans.). Frankfurt, Germany: Campus Verlag.

- Lyubomirsky, S. (2008). *La ciencia de la felicidad* (Alejandra Devoto, Trans.). Barcelona, Spain: Urano.
- Lyubomirsky, S. (2008). *Hogyan legyünk boldogok? Az önmegvalósítás útjai tudományos megközelítésben* (Turóczy Attila, Trans.). Budapest, Hungary: Ursus Libris.
- Lyubomirsky, S. (2008). *How to be happy* (X, Trans.). Seoul, South Korea: Knowledge Nomad.
- Lyubomirsky, S. (2008). *A ciência da felicidade: Como atingir a felicidade real e duradoura* (Patrícia Sá, Trans.). Rio de Janeiro, Brazil: Elsevier.
- Lyubomirsky, S. (2008). *Lyckans verktyg: En vetenskaplig guide till lycka* (Johan Nilsson, Trans.). Stockholm: Natur & Kultur.
- Lyubomirsky, S. (2008). *Nasil mutlu lunur?* (Gülfer Göze, Trans.). Istanbul, Turkey: Kapital Medya Hizmetleri A. S.
- Lyubomirsky, S. (2008). *Sådan bliver du lykkelig* (X, Trans.). Copenhagen, Denmark: Lindhardt & Ringhof.
- Lyubomirsky, S. (2008). *Wybierz szczescie: Naukowe metody budowania zycia, jakiego pragniesz* (X, Trans.). Warsaw, Poland: MT Biznes.
- Lyubomirsky, S. (2009). *The how of happiness: A practical approach to getting the life you want*. London: Sphere.
- Lyubomirsky, S. (2009). *Ptyat km schastyeto* (Teodora Atanasova, Trans.). Sofia, Bulgaria: Knowledge Mont.
- Lyubomirsky, S. (2009). *The how of happiness: 40%* (X, Trans.). Shanghai, China: East China Normal University Press.
- Lyubomirsky, S. (2010). *Kuinka onnelliseksi?* (Jouni Porio, Trans.). Helsinki, Finland, Basam Books.
- Lyubomirsky, S. (2010). *Cum să fii fericit* (Dorina Oprea, Trans.). București, Romania: Amsta.
- Lyubomirsky, S. (2010). *The how of happiness: A practical guide to getting the life you want*. London: Piatkus.
- Lyubomirsky, S. (2011). *The way to happiness: Action plan for a happy life* (Katya Benyovitz, Trans.). Or Yehuda, Israel: Kinneret Publishing House.
- Lyubomirsky, S. (2012). *Como ser feliz: A receita científica para a felicidade* (Ana Paula Nereu Reis, Trans.). Lisbon, Portugal: Pergaminho.
- Lyubomirsky, S. (2012). *The how of happiness: A new approach to getting the life you want* (X, Trans.). Tokyo, Japan: Nihon Jitsugyo Shuppan.
- Lyubomirsky, S. (2013). *Comment être heureux...et le rester* (Camille Fort, Trans.). Paris: Marabout.
- Lyubomirsky, S. (2014). *The how of happiness* (X, Trans.). Taipei, Taiwan: Longstone.
- Lyubomirsky, S. (2014). *Psichologia schastyia* (X, Trans.). Saint Petersburg, Russia: Piter.
- Lyubomirsky, S. (2014). *The how of happiness: 40%* (X, Trans.). Beijing, China: China CITIC Press.

### Peer-Reviewed Journal Articles

\*See [sonjalyubomirsky.com/papers-publications](http://sonjalyubomirsky.com/papers-publications) for links to PDF files

#### —————In Press—————

1. Chancellor, J., Margolis, S. M., Jacobs Bao, K., & **Lyubomirsky, S.** (in press). Everyday prosociality in the workplace: The benefits of giving, getting, and glimpsing. *Emotion*.
2. Walsh, L. C., Boehm, J. K., & **Lyubomirsky, S.** (in press). Does happiness promote career success? Revisiting the evidence. *Journal of Career Assessment*.
3. Sheldon, K. M., Titova, L., Gordeeva, T. O., Osin, E. N., **Lyubomirsky, S.**, & Bogomaz, S. (in press). Russians inhibit the expression of happiness to strangers: Testing a display rule model. *Journal of Cross-Cultural Psychology*.
4. Margolis, S., Schwitzgebel, E., Ozer, D. J., & **Lyubomirsky, S.** (2018). A new measure of life satisfaction: The Riverside Life Satisfaction Scale. *Journal of Personality Assessment*.
5. Shin, L. J., Ruberton, P. M., & **Lyubomirsky, S.** (in press). The spotlight activity: Development and feasibility test of a naturalistic attention redirection well-being intervention. *Journal of Positive Psychology and Wellbeing*.
6. Chancellor, J., Layous, K., Margolis, S. M., & **Lyubomirsky, S.** (in press). Clustering by well-being in workplace social networks: Homophily and social contagion. *Emotion*.

—————2018—————

7. Chancellor, J., Margolis, S. M., & **Lyubomirsky, S.** (2018). The propagation of everyday prosociality in the workplace. *The Journal of Positive Psychology, 13*, 271-283.
8. Layous, K., Kurtz, J., Chancellor, J., & **Lyubomirsky, S.** (2018). Reframing the ordinary: Imagining time as scarce increases well-being. *The Journal of Positive Psychology, 13*, 301-308.

—————2017—————

9. Layous, K., Sweeny, K., Armenta, C. N., Na, S., Choi, I., & **Lyubomirsky, S.** (2017). The proximal experience of gratitude. *PLOS ONE, 12*(7), e0179123.
10. Nelson-Coffey, S. K., Fritz, M. M., **Lyubomirsky, S.**, & Cole, S. (2017). Kindness in the blood: A randomized controlled trial of the gene regulatory impact of prosocial behavior. *Psychoneuroendocrinology, 81*, 8-13.
11. Kruse, E., Chancellor, J., & **Lyubomirsky, S.** (2017). State humility: Measurement, conceptual validation, and intrapersonal processes. *Self and Identity, 16*, 399-438.
12. Armenta, C. N., Fritz, M., & **Lyubomirsky, S.** (2017). Functions of positive emotions: Gratitude as a motivator of self-improvement and positive change. *Emotion Review, 9*, 183-190.
13. Layous, K., Nelson, S. K., Kurtz, J., & **Lyubomirsky, S.** (2017). What triggers prosocial effort? A positive feedback loop between positive activities, kindness, and well-being. *The Journal of Positive Psychology, 12*, 385-398.
14. Taylor, C. T., **Lyubomirsky, S.**, & Stein, M. B. (2017). Upregulating the positive affect system in anxiety and depression: Outcomes of a positive activity intervention. *Depression and Anxiety, 34*, 267-280.

—————2016—————

15. Nelson, S. K., Layous, K., Cole, S., & **Lyubomirsky, S.** (2016). Do unto others or treat yourself?: The effects of prosocial and self-focused behavior on psychological flourishing. *Emotion, 16*, 850-861.
16. Haworth, C. M. A., Nelson, S. K., Layous, K., Carter, K., Bao, K. J., **Lyubomirsky, S.**, & Plomin, R. (2016). Stability and change in genetic and environmental influences on well-being in response to an intervention. *PLOS ONE, 11*(5), e0155538.
17. Ruberton, P. M., Gladstone, J., & **Lyubomirsky, S.** (2016). How your bank balance buys happiness: The importance of “cash on hand” to life satisfaction. *Emotion, 16*, 575-580.
18. Twenge, J. M., Sherman, R. A., & **Lyubomirsky, S.** (2016). More happiness for young people, and less for mature adults: Time period differences in subjective well-being in the U.S., 1972-2014. *Social Psychological and Personality Science, 7*, 131-141.
19. Ruberton, P. M., Kruse, E., Chancellor, J., Huynh, H., Miller, T. A., & **Lyubomirsky, S.** (2016). The relationship between physician humility, physician-patient communication, and patient health. *Patient Education and Counseling, 99*(7), 1138-1145.

—————2015—————

20. **Lyubomirsky, S.**, Layous, K., Chancellor, J., & Nelson, S. K. (2015). Thinking about rumination: The scholarly contributions and intellectual legacy of Susan Nolen-Hoeksema. *Annual Review of Clinical Psychology, 11*, 1-22.

21. Chancellor, J., Layous, K., & **Lyubomirsky, S.** (2015). Recalling positive events at work makes employees feel happier, move more, but interact less: A 6-week randomized controlled intervention at a Japanese workplace. *Journal of Happiness Studies*, 871-887.
22. Nelson, S. K., Della Porta, M. D., Jacobs Bao, K., Lee, H. C., Choi, I., & **Lyubomirsky, S.** (2015). "It's up to you": Experimentally manipulated autonomy support for prosocial behaviors improves well-being in two cultures over six weeks. *The Journal of Positive Psychology*, 10, 463-476.

—————**2014**—————

23. Kruse, E., Chancellor, J., Ruberton, P. M., & **Lyubomirsky, S.** (2014). An upward spiral between gratitude and humility. *Social Psychological and Personality Science*, 5, 805-814.
24. Nelson, K. K., Fuller, J. A. K., Choi, I., & **Lyubomirsky, S.** (2014). Beyond self-protection: Self-affirmation benefits hedonic and eudaimonic well-being. *Personality and Social Psychology Bulletin*, 40, 998-1011.
25. Nelson, S. K., Kushlev, K., & **Lyubomirsky, S.** (2014). The pains and pleasures of parenting: When, why, and how is parenthood associated with more or less well-being? *Psychological Bulletin*, 140, 846-895.
26. Layous, K., Chancellor, J., & **Lyubomirsky, S.** (2014). Positive activities as protective factors against mental health conditions. *Journal of Abnormal Psychology*, 123, 3-12.
27. Huffman, J. C., DuBois, T. M., Healy, B. C., Boehm, J. K., Kashdan, T. B., Celano, C. M., Denninger, J. W., & **Lyubomirsky, S.** (2014). Feasibility and utility of positive psychology exercises for suicidal inpatients. *General Hospital Psychiatry*, 36, 88-94.
28. Layous, K., & **Lyubomirsky, S.** (2014). Benefits, mechanisms, and new directions for teaching gratitude to children. *School Psychology Review*, 43, 153-159.

—————**2013**—————

29. Nelson, S. K., Kushlev, K., English, T., Dunn, E. W., & **Lyubomirsky, S.** (2013). In defense of parenthood: Children are associated with more joy than misery. *Psychological Science*, 24, 3-10.  
\*Most viewed article in *Psychological Science* in December 2013.
30. **Lyubomirsky, S.**, & Layous, K. (2013). How do simple positive activities increase well-being? *Current Directions in Psychological Science*, 22, 57-62.  
\*Most downloaded article in *Current Directions in Psychological Science* in 2013.  
\*420 citations
31. Chancellor, J., & **Lyubomirsky, S.** (2013). Humble beginnings: Current trends, state perspectives, and hallmarks of humility. *Social and Personality Psychology Compass*, 7, 819-833.
32. Layous, K., Lee, H., Choi, I., & **Lyubomirsky, S.** (2013). Culture matters when designing a successful happiness-increasing activity: A comparison of the United States and South Korea. *Journal of Cross-Cultural Psychology*, 44, 1294-1303.
33. Layous, K., Nelson, S. K., & **Lyubomirsky, S.** (2013). What is the optimal way to deliver a positive activity intervention? The case of writing about one's best possible selves. *Journal of Happiness Studies*, 14, 635-654.
34. Jacobs Bao, K., & **Lyubomirsky, S.** (2013). Making it last: Combating hedonic adaptation in romantic relationships. *Journal of Positive Psychology*, 8, 196-206.

—————2012—————

35. Layous, K., Nelson, S. K., Oberle, E., Schonert-Reichl, K., & **Lyubomirsky, S.** (2012). Kindness counts: Prompting prosocial behavior in preadolescents boosts peer acceptance and well-being. *PLOS ONE*, *7*, e51380.
- \*Among 10% most cited articles in *PLOS ONE* (July 2017).
36. Sheldon, K. M., & **Lyubomirsky, S.** (2012). The challenge of staying happier: Testing the Hedonic Adaptation Prevention model. *Personality and Social Psychology Bulletin*, *38*, 670-680.
37. Parks, A., Della Porta, M., Pierce, R. S., Zilca, R. & **Lyubomirsky, S.** (2012). Pursuing happiness in everyday life: The characteristics and behaviors of online happiness seekers. *Emotion*, *12*, 1222-1234.

—————2011—————

38. **Lyubomirsky, S.**, Dickerhoof, R., Boehm, J. K., & Sheldon, K. M. (2011). Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being. *Emotion*, *11*, 391-402.
- Reprinted in: T. Lomas & K. Hefferon (Eds.) (2015). *Positive psychology*. New York: Sage.  
 Reprinted in: H. Hazlett-Stevens (Ed.) (2017). *Theories of personality: Uncovering the evidence*. San Diego, CA: Cognella, Inc.  
 \*472 citations
39. **Lyubomirsky, S.**, Boehm, J. K., Kasri, F., & Zehm, K. (2011). The cognitive and hedonic costs of dwelling on achievement-related negative experiences: Implications for enduring happiness and unhappiness. *Emotion*, *11*, 1152-1167.
40. Boehm, J. K., **Lyubomirsky, S.**, & Sheldon, K. M. (2011). A longitudinal experimental study comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans. *Cognition & Emotion*, *25*, 1263-1272.
41. Chancellor, J., & **Lyubomirsky, S.** (2011). Happiness and thrift: When (spending) less is (hedonically) more. *Journal of Consumer Psychology*, *21*, 131-138.
42. Frattaroli, J., Thomas, M., & **Lyubomirsky, S.** (2011). Opening up in the classroom: Effects of expressive writing on graduate school entrance exam performance. *Emotion*, *11*, 691-696.
43. Layous, K., Chancellor, J., **Lyubomirsky, S.**, Wang, L., & Doraiswamy, P. M. (2011). Delivering happiness: Translating positive psychology intervention research for treating major and minor depressive disorders. *Journal of Alternative and Complementary Medicine*, *17*, 675-683.
44. Huffman, J. C., Mastromauro, C. A., Boehm, J., Seabrook, R., Fricchione, G. L., Denninger, J. W., & **Lyubomirsky, S.** (2011). Development of a positive psychology intervention for patients with acute cardiovascular disease. *Heart International*, *6*, 47-54.

—————2010—————

45. **Lyubomirsky, S.**, & Boehm, J. K. (2010). Human motives, happiness, and the puzzle of parenthood: Commentary on Kenrick et al. (2010). *Perspectives on Psychological Science*, *5*, 327-334.
46. Sheldon, K. M., Abad, N., Ferguson, Y., Gunz, A., Houser-Marko, L., Nichols, C. P., & **Lyubomirsky, S.** (2010). Persistent pursuit of need-satisfying goals leads to increased happiness: A 6-month experimental longitudinal study. *Motivation and Emotion*, *34*, 39-48.

—————2009—————

47. Sin, N. L., & **Lyubomirsky, S.** (2009). Enhancing well-being and alleviating depressive symptoms with positive psychology interventions: A practice-friendly meta-analysis. *Journal of Clinical Psychology: In Session*, *65*, 467-487.

\*1,477 citations

Reprinted in: F. Huppert & A. Linley (Eds.) (2010). *Happiness and well-being: Critical concepts in psychology*. New York: Routledge.

48. Liberman, V., Boehm, J. K., **Lyubomirsky, S.**, & Ross, L. (2009). Happiness and memory: Affective significance of endowment and contrast. *Emotion*, *9*, 666-680.

—————2008—————

49. Nolen-Hoeksema, S., Wisco, B. E., & **Lyubomirsky, S.** (2008). Rethinking rumination. *Perspectives on Psychological Science*, *3*, 400-424.

\*2,700 citations

\*Most cited article in *Perspectives on Psychological Science* (June 2012).

50. Boehm, J. K., & **Lyubomirsky, S.** (2008). Does happiness lead to career success? *Journal of Career Assessment*, *16*, 101-116.

\*451 citations

—————2007—————

51. Howell, R. T., Kern, M. L., & **Lyubomirsky, S.** (2007). Health benefits: Meta-analytically determining the impact of well-being on objective health outcomes. *Health Psychology Review*, *1*, 83-136.

\*300 citations

52. Sheldon, K. M., & **Lyubomirsky, S.** (2007). Is it possible to become happier? (And, if so, how?) *Social and Personality Psychology Compass*, *1*, 129-145.

—————2006—————

53. **Lyubomirsky, S.**, Sousa, L., & Dickerhoof, R. (2006). The costs and benefits of writing, talking, and thinking about life's triumphs and defeats. *Journal of Personality and Social Psychology*, *90*, 692-708.

\*439 citations

54. **Lyubomirsky, S.**, Kasri, F., Chang, O., & Chung, I. (2006). Ruminative response styles and delay of seeking diagnosis for breast cancer symptoms. *Journal of Social and Clinical Psychology*, *25*, 276-304.

55. Sheldon, K. M., & **Lyubomirsky, S.** (2006a). How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves. *The Journal of Positive Psychology*, *1*, 73-82.

\*754 citations

56. Sheldon, K. M., & **Lyubomirsky, S.** (2006b). Achieving sustainable gains in happiness: Change your actions, not your circumstances. *Journal of Happiness Studies*, *7*, 55-86.

\**Journal of Happiness Studies* 2006 Best Paper Award

\*413 citations

57. **Lyubomirsky, S.**, Tkach, C., & DiMatteo, M. R. (2006). What are the differences between happiness and self-esteem? *Social Indicators Research*, *78*, 363-404.

\*394 citations



58. Tucker, K. L., Ozer, D., & **Lyubomirsky, S.**, & Boehm, J. K. (2006). Testing for measurement invariance in the Satisfaction With Life Scale: A comparison of Russians and North Americans. *Social Indicators Research, 78*, 341-360.

59. Tkach, C., & **Lyubomirsky, S.** (2006). How do people pursue happiness? Relating personality, happiness-increasing strategies, and well-being. *Journal of Happiness Studies, 7*, 183-225.

\*355 citations

### —————2005—————

60. **Lyubomirsky, S.**, King, L. A., & Diener, E. (2005). The benefits of frequent positive affect: Does happiness lead to success? *Psychological Bulletin, 131*, 803-855.

\*5,031 citations

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### Commentaries/Book Reviews/Other Publications

117. Nelson, S. K., Kushlev, K., Dunn, E. W., & **Lyubomirsky, S.** (2014). Parents are slightly happier than nonparents, but causality still cannot be inferred: A reply to Bhargava, Kassam, and Loewenstein. *Psychological Science*, *25*, 303-304.
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123. **Lyubomirsky, S.**, & Layous, K. (2010, November 10). [Review of the book *International Differences in Well-Being*]. *PsycCRITIQUES*, *55*.
124. **Lyubomirsky, S.** (2006). [Review of the book *Happiness: Lessons from a new science*]. *British Journal of Sociology*, *57*, 535-536.
125. **Lyubomirsky, S.**, & Abbe, A. (2003). Positive psychology's legs. *Psychological Inquiry*, *14*, 132-136.
126. **Lyubomirsky, S.** (2000). On studying positive emotions. *Prevention and Treatment*, *3*, article 5. [journals.apa.org/prevention/volume3/pre0030005c.html](http://journals.apa.org/prevention/volume3/pre0030005c.html).

### Popular Press/Op-Eds

1. Revord, J., & **Lyubomirsky, S.** (2017, October 4). [How to be happy: A psychologists view of #HEhappiness](#). *Times Higher Education*.
2. Armenta, C. N., & **Lyubomirsky, S.** (2017, May 23). [How gratitude motivates us to become better people](#). *Greater Good: The Science of a Meaningful Life*.

Reprinted in: Armenta, C. N., & Lyubomirsky, S. (2017, August 30). [How gratitude helps us grow](#). *Daily Good*.

3. **Lyubomirsky, S.** (2016, December 11). President Obama—Our positive psychologist-in-chief. *The Press-Enterprise*.
4. **Lyubomirsky, S.** (2016, January). The myths of happiness. *On Target*, 26-27.
5. Diener, E., Pressman, S. D., & **Lyubomirsky, S.** (2015, December 17). Can 1 million women be wrong about happiness and health? *Los Angeles Times*, A21.
6. **Lyubomirsky, S.** (2015, November 5). Will an optimist or a pessimist win in 2016? *Los Angeles Times*, A19.
7. **Lyubomirsky, S.** (2015, July 2). Pursue happiness, but in moderation. *New York Times*, Room for Debate, The Opinion Pages.
8. **Lyubomirsky, S.** (2015, April 16). The science of coming alive. *Huffington Post*.
9. **Lyubomirsky, S.** (2014, Fall). Job's worth. *RSA Journal*, 3. London.
10. **Lyubomirsky, S., & Kurtz, J.** (2013). *Positively happy: Routes to sustainable happiness*. New York: CreateSpace.
11. **Lyubomirsky, S.** (2013, August 1). Do children bring happiness—or misery? *TIME*.
12. **Lyubomirsky, S.** (2012, December 2). New love: A short shelf life. *New York Times*, SR1.
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14. **Lyubomirsky, S.** (2008, December 27). Why we're still happy. *New York Times*, A25.
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17. **Lyubomirsky, S.** (2010, August 10). Can money buy happiness? New research reveals that reminders of wealth impair our capacity to savor life's little pleasures. *Scientific American Mind*.
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19. **Lyubomirsky, S.** (2008, December 27). Happy, despite it all: How a new outlook can help us cope — even thrive — in adversity. *Riverside Press-Enterprise*, E1, E4.
20. **Lyubomirsky, S.** (2010, December). Become happier. *Personal Excellence*, 7.
21. **Lyubomirsky, S.** (2011). In S. Rowan (Ed.), *Brilliant Career Coach — How to find and follow your dream career*. Upper Saddle River, NJ: FT Press.
22. **Lyubomirsky, S.** (2010). What about genetics? In L. Bormans (Ed.), *The world book of happiness* (pp. 64-65). Singapore: Page One.

23. **Lyubomirsky, S.** (2012). Sonja Lyubomirsky. In A. Jarden (Ed.), *Positive psychologists on positive psychology* (pp. 18-24). Amazon Media: Kindle Edition.
24. **Lyubomirsky, S.** (2006). Is it possible to become lastingly happier? Lessons from the modern science of well-being. In *Vancouver Dialogues* (pp. 53-56). Vancouver: Truffle Tree Publishing.
25. **Lyubomirsky, S.** (2008, January). Work may hold the key to your happiness. *Harvard Community Resource*, XVII, 3.
26. **Lyubomirsky, S.** (2008). Happiness. In G. Stone (Ed.), *The 12-step Bush recovery program* (pp. 118-120). New York: Villard.
27. **Lyubomirsky, S., & Jacobs, K. M.** (2010). Comment construire un bonheur durable. [How to build lasting happiness.] *Cerveau & Psycho: Le magazine de la psychologie et des neurosciences*, 37, 62-64.
28. **Lyubomirsky, S., & Jacobs Bao, K.** (2013). Ein stück glück. [How to build lasting happiness.] *Gehirn und Geist*, 12, 24-28.

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### UNDER REVIEW

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1. Fritz, M. M., Armenta, C. N., Walsh, L. C., & **Lyubomirsky, S.** (2017). *Gratitude facilitates healthy eating behavior in adolescents and young adults*. Manuscript submitted for publication.
2. Nelson-Coffey, S. K., Killingsworth, M., Layous, K., Cole, S. W., & **Lyubomirsky, S.** (2018). *Parenthood is associated with greater well-being for fathers than mothers*. Manuscript submitted for publication.
3. Kruse, E., Chancellor, J., & **Lyubomirsky, S.** (2016). *Can self-affirmation increase humility?* Manuscript under review.
4. Nelson-Coffey, S. K., Ruberton, P. M., Chancellor, J., Cornick, J., Blascovich, B. & **Lyubomirsky, S.** (2018). *The proximal experience of awe*. Manuscript submitted for publication.
5. Margolis, S., & **Lyubomirsky, S.** (2017). *The association between extraversion and well-being is limited to one facet: Support for a temperamental view*. Manuscript submitted for publication.
6. Ruberton, P. M., Gladstone, J. J., Margolis, S., & **Lyubomirsky, S.** (2017). *Adding spice to life: Variety in hedonic spending increases subjective well-being*. Manuscript under review.

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### GRANTS

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**Submitted Grants**

- 8-01-18 to 7-31-21 Is gratitude only for the self? Exploring the benefits of expressing, sharing, receiving, and witnessing. John Templeton Foundation. Amount of Award: \$376,680. PI: Lyubomirsky, S. [Invited for full proposal (top 5%).]
- 12-01-18 to 11-30-23 Testing real world efficacy of a scalable behavioral intervention to enhance immunity in older adults. National Institute of Aging. Amount of Award: \$3,838,163. PI: Fredrickson, B. L. Co-Is: Lyubomirsky, S., Jaspers, I.

**Current Grants**

- 08-01-16 to 07-31-18 The folk philosophy of well-being: Targeting psychological intervention to match people's philosophical views. Integrating Research Across the Disciplines competition. Amount of Award: \$251,000. PI: Lyubomirsky S. co-PIs: Schwitzgebel, E. and Ozer, D. J.
- 01-05-15 to 11-4-18 How can people become lastingly more humble? Development of a long term humility-boosting program. John Templeton Foundation. Amount of Award: \$414,979. PI: Lyubomirsky, S.
- 1-01-18 to 12-31-18 A randomized controlled trial of the effects of face-to-face versus technology-mediated aspirational and remedial prosocial behavior. HopeLab. Amount of Award: \$5,000. PI: Lyubomirsky, S. Co-PIs: Revord, J., Fritz, M. M., & Walsh, L. C.
- 7-01-18 to 6-30-19 Face-to-face versus technology-mediated prosocial interactions: A randomized controlled trial of the gene regulatory impact of prosocial behavior. HopeLab. Amount of Award: \$42,600. PI: Lyubomirsky, S. Co-PIs: Fritz, M. M., Revord, J., & Walsh, L. C.
- 1-01-18 to 12-31-18 Kindness online and in-person: More than skin deep. 2018 UCR Healthy Campus Initiative. Amount of Award: \$1,500. PI: Revord, J. Co-PI: Lyubomirsky, S., Fritz, M. M., & Walsh, L. C.
- 1-01-18 to 12-31-18 Coding kindness: An analysis of 6,324 prosocial acts. HopeLab. Amount of Award: \$5,000. PI: Lyubomirsky, S. Co-PIs: Fritz, M. M., Revord, J., & Walsh, L. C.
- 12-01-16 to 5-31-18 Prosocial behavior and telomere length. HopeLab. Amount of Award: \$75,000. PI: Lyubomirsky, S.
- 9-01-16 to 8-31-18 Kindness to others or oneself: A pilot randomized controlled trial of two interventions to enhance well-being in breast cancer survivors. UC Intercampus Consortium on Health Psychology. Amount of Award: \$5,000. PI: Bower, J. E. co-PI: Lyubomirsky, S.

**Previously Funded Grants**

- 07-01-15 to 6-30-17 Gratitude as a trigger of self-improvement in adolescents. Bridging Research and Practice: Character Lab competition. Amount of Award: \$142,888. Lyubomirsky, S.

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- 1-1-17 to 3-5-17 Inaugural University of California Well-Being Conference. SPSP Small Conference Grant Award. Amount of Award: \$5,000. PI: Lyubomirsky, S.
- 11-01-14 to 12-31-16 Well-being and physiological outcomes of committing acts of kindness for self, others, and world. HopeLab. Amount of Award: \$26,500. PI: Lyubomirsky, S.
- 09-01-12 to 12-31-16 Make someone happier and live this month like it's your last: A test of two new happiness interventions. Seoul National University, *Center for Happiness Studies*. Amount of Award: \$20,000. PI: Lyubomirsky, S.
- 09-01-11 to 08-31-14 Approaching humility as a state: Measurement, antecedents, causes, and consequences. *John Templeton Foundation*. Amount of Award: \$299,986. PI: Lyubomirsky, S.
- 01-01-11 to 12-31-12 Ripples of generosity: Triggers, social propagation, and outcomes. University of Notre Dame, *Science of Generosity competition*. Amount of Award: \$150,000. PI: Lyubomirsky, S.
- 04-01-13 to 10-31-14 Affective and cognitive outcomes of acts of kindness for self, others, and world. HopeLab. Amount of Award: \$26,000. PI: Lyubomirsky, S.
- 07-01-12 to 06-31-13 Gratitude as a trigger of self-improvement efforts. COR Fellowship, Committee on Research, University of California, Riverside. Amount of Award: \$7,500. PI: Lyubomirsky, S.
- 01-01-10 to 12-31-11 How and why do positive activity interventions work to enhance happiness?: The role of variety, commitment, social support, and motivation. Seoul National University, *Center for Happiness Studies*. Amount of Award: \$20,000. PI: Lyubomirsky, S.
- 01-01-11 to 12-31-13 Well-being and "kaiteki" in the workplace: Investigating the role of natural environments and positive activities across cultures, family structures, and age groups. Mitsubishi Chemical Holdings Corporation, *The Kaiteki Institute*. Amount of Award: \$63,290. PI: Lyubomirsky, S.
- 01-01-11 to 12-31-13 Effects of an experimental longitudinal intervention at a Japanese workplace on well-being, body motion, and face-to-face social interactions. Hitachi, Ltd., *Advanced Research Laboratory*. Amount of Award: \$18,800. Dates of Award: 01-01-11 to 12-31-13. PI: Lyubomirsky, S.
- 01-01-04 to 12-31-09 Sustainable change in long-term positive affect. *ROI, National Institutes of Health*. Total Award: \$1,008,572. PI: Lyubomirsky, S. Co-PI: Sheldon, K. M.
- 2002 Science of happiness. *John Templeton Foundation and the American Psychological Association*, \$35,000, Award: Lyubomirsky, S.
- 12-01-98 to 11-30-99 Ruminative responses to negative emotions. *B/START, National Institute of Mental Health*, \$25,000, PI: Lyubomirsky, S.
- 07-01-98 to 06-30-99 Effects of rumination on delay to seek help for breast cancer symptoms. *Cancer Research Coordinating Committee, University of California*, \$30,000, PI: Lyubomirsky, S.

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**PATENT**


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Zilca, R., McGrath, R., **Lyubomirsky, S.**, & Sweeney, M. (2013). Mobile system and method for addressing symptoms related to mental health conditions. U.S. Patent 20,110,066,036. Washington, DC: U.S. Patent and Trademark Office.

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**OTHER WORKS IN PROGRESS**


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Jacobs Bao, K., Boehm, J. K., Armenta, C. N., & **Lyubomirsky, S.** (2015). *Using surprise to stay happier: Thwarting hedonic adaptation to positive events*. Manuscript under revision for resubmission.

Jacobs Bao, K., Layous, K., & **Lyubomirsky, S.** (2015). *Aspirations and well-being: When are high aspirations harmful?* Manuscript under revision for resubmission.

Chancellor, J., Margolis, S. M., Armenta, C., Zilca, R., & **Lyubomirsky, S.** (2016). *Hedonic adaptation to positive activities: The importance of variety*. Manuscript under revision for resubmission.

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**PRESENTATIONS**


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**Keynote Addresses**

Aug 2018	The 2018 Lowcountry Mental Health Conference	Charleston, SC
Feb 2018	2 <sup>nd</sup> Global Dialogue for Happiness	Dubai, UNITED ARAB EMIRATES
Jul 2017	5 <sup>th</sup> World Congress on Positive Psychology, International Positive Psychology Association	Montreal, QC, CANADA
May 2017	FAMILY: A Jockey Club Initiative for a Harmonious Society Workshop, School of Public Health, The University of Hong Kong	HONG KONG
Apr 2017	Life, Liberty, and the Pursuit of Happiness: Perspectives on Self-Government, Public Affairs Conference, Missouri State University	Springfield, MO
Mar 2017	World Happiness Summit	Miami, FL
Nov 2016	Marion County Health Department	Indianapolis, IN
Sep 2016	Harvard Coaching Conference, Institute of Coaching and Harvard Medical School	Boston, MA
Aug 2016	1er Congreso Internacional De Felicidad en el Trabajo y en la Vida	Bogotá, COLOMBIA
Jul 2016	Reality Therapy International Conference, Korea Counseling Center	Seoul, SOUTH KOREA
Jun 2016	Natural Medicine Conference, Health World Limited	Brisbane, AUSTRALIA
Apr 2016	17 <sup>th</sup> Annual Psychfest, Department of Psychology, University of Texas	Austin, TX
Apr 2016	2016 Happiness & Its Causes Conference	Sydney, AUSTRALIA
Mar 2016	BI Worldwide Forum	Austin, TX
Feb 2016	Work Happier Forum	Las Vegas, NV
Nov 2015	World's Better With You Foundation Conference	Budapest,

		HUNGARY
Oct 2015	BI Worldwide Executive Forum	Minneapolis, MN
Aug 2015	UC All CAPS Staff Conference 2015, UC Office of the President	Los Angeles, CA
May 2015	17 <sup>th</sup> International Conference on Energy Psychology, Association for Comprehensive Energy Psychology	Reston, VA
May 2015	Advance LA Conference: The Science of Happiness—Purpose, Connection, Optimism, and Grit, American Jewish University	Los Angeles, CA
Apr 2015	Student Arts & Research Symposium, University of Illinois	Springfield, IL
Apr 2015	Think.Work.Live Positive Conference & Workshop 2	Kuwait City, KUWAIT
Apr 2015	Her Village International Forum	Beijing, PEOPLE'S REPUBLIC OF CHINA
Mar 2015	Hispanicize Week 2015	Miami, FL
Oct 2014	26 <sup>th</sup> Annual Convention, Los Angeles County Psychological Association	Culver City, CA
Oct 2014	2 <sup>nd</sup> Forum on Happiness, Instituto de Ciencias de la Felicidad, Universidad Tecmelenio.	Mexico City, MEXICO
Sep 2014	W. David Baird Distinguished Lecture Series, Seaver College, Pepperdine University	Malibu, CA
Sep 2014	Women in Healthcare Forum, Cleveland Clinic	Cleveland, OH
Aug 2014	Corporate Wellbeing Conference, Seminarium International	Santiago, CHILE
Aug 2014	Chilean Institute of Positive Psychology	Santiago, CHILE
Jul 2014	Positive Psychology and Coaching Conference	Huntington Beach, CA
Jul 2014	Second Canadian Conference on Positive Psychology	Ottawa, CANADA
May 2014	Happiness in Germany Congress, German Happiness Institute	Berlin, GERMANY
Apr 2014	Leading to Well-Being: Thriving Together, George Mason University	Fairfax, VA
Feb 2014	Roehr Memorial Lecture, Stein Institute for Research on Aging, University of California, San Diego	San Diego, CA
Nov 2013	Hong Kong Police Psychological Services Group	HONG KONG
Oct 2013	2013 Seoul International Education Forum	Seoul, REPUBLIC OF KOREA
Sep 2013	Faith, Reason, and World Affairs Symposium, Concordia College	Moorhead, MN
Nov 2012	2012 Big Huddle, Event Network, Inc.	San Diego, CA
Apr 2012	18 <sup>th</sup> Annual Utah State University Counseling and Psychological Services Conference	Logan, UT
Oct 2011	Actively Happier Conference	Des Moines, IA
Oct 2010	5th Annual National Synergy Conference in Psychology	Denver, CO
Apr 2010	Department of Surgery, Washington University School of Medicine	St. Louis, MO
Feb 2010	Nielsen 2010 Training Conference	San Diego, CA
Oct 2009	U.S. Army Recruiting Command's Annual Leaders' Training Conference	Tampa, FL
Jun 2009	Newcastle and Gateshead Children's Services, Northumbria University	Newcastle Upon Tyne, UNITED KINGDOM

May 2009	4 <sup>th</sup> International Conference on Happiness & Its Causes	Sydney, AUSTRALIA
Jan 2009	MentorCoach Annual Conference	Sedona, AZ
Dec 2008	National Institute for the Clinical Application of Behavioral Medicine Conference	Hilton Head Island, SC
Nov 2008	MediaCat Forum	Istanbul, TURKEY
Oct 2008	VII Brazilian Congress of Quality of Life	Sao Paulo, BRAZIL
May 2008	12 <sup>th</sup> Annual Psychology Research Conference for Southern California Community Colleges, Irvine Valley College	Irvine, CA
May 2006	Sixth Conference on Psychology and Health	Kerkrade, NETHERLANDS

### Invited Talks

Nov 2018	Happiness@Work Conference	Prague, CZECH REPUBLIC
Sep 2018	Centro Fox Convention	Guanajuato, MEXICO
Jun 2018	Annual Meeting of the John Templeton Foundation, the Templeton Religion Trust, and the Templeton World Charity Foundation	Banff, Alberta, CANADA
May 2018	Society for the Teaching of Psychology, Association of Psychological Science	San Francisco, CA
Apr 2018	The Society for Affective Science	Los Angeles, CA
Jan 2018	Port Life Speaker Series, Port of San Diego	San Diego, CA
Jun 2017	Science of Happiness Workshop, Marketing Department, YouTube	Palm Springs, CA
May 2017	FAMILY Symposium 2017—Positive Family Well-Being, School of Public Health, The University of Hong Kong	HONG KONG
Apr 2017	Annual Fundraiser, Southern California Counseling Center	Los Angeles, CA
Jan 2017	Board of Directors, Harvard Club of Southern California	Los Angeles, CA
Nov 2016	Life Strategy Conference	Scottsdale, AZ
Nov 2016	The Milken School	Los Angeles, CA
Sep 2016	Rekhi Centre for the Science of Happiness	Kharagpur, INDIA
Sep 2016	Business Leaders Forum, Indian Institute of Technology	Kharagpur, INDIA
Oct 2016	Finding Happiness and Meaning in the Midst of Abundance, B/O/S University	San Francisco, CA
Apr 2016	Women Leaders Summit, United Way of Greater Los Angeles	Beverly Hills, CA
Apr 2016	2016 Happiness & Its Causes Conference Workshop	Sydney, AUSTRALIA
Mar 2016	A Symposium Honoring the Career of Barry Schwartz, Department of Psychology, Swarthmore College	Swarthmore, PA
Mar 2016	The Maret School	Washington D. C.
Feb 2016	The Harker School	San Jose, CA
Feb 2016	Crystal Springs Uplands School	Hillsborough, CA
Nov 2015	TCI Wealth Advisors Life Strategy Conference	Santa Monica, CA
Sep 2015	St. Genevieve High School	Panorama City, CA
Jun 2015	Enandes Congreso Internacional	Santiago, CHILE

Apr 2015	The Second National Summit on Building Healthy Academic Communities	Irvine, CA
Apr 2015	Think.Work.Live Positive Conference & Workshop 2	Kuwait City, KUWAIT
Mar 2015	Psychology Speaker Series, RAND Corporation	Santa Monica, CA
Nov 2014	Annual Meeting of the Society of Dermatology Physician Assistants	San Diego, CA
Sep 2014	Latin-American Scientific Series	Buenos Aires, ARGENTINA
Apr 2014	District VIII of the American College of Obstetricians and Gynecologists	San Diego, CA
Apr 2014	Speak to Me	Mill Valley, CA
Feb 2014	Harvard-Westlake School	Los Angeles, CA
Nov 2013	Hong Kong Police management	HONG KONG
Nov 2013	Hong Kong Police Force	HONG KONG
Jul 2013	Senior Delegates Roundtable, Fixed Income Forum	San Diego, CA
Apr 2013	Young Presidents Organization, Santa Monica Bay Chapter	Santa Monica, CA
Feb 2013	2013 Positive Psychology Leaders Series (by phone), International Positive Psychology Association	Santa Monica, CA
Apr 2012	Inaugural meeting of Compak Asset Management	Newport Beach, CA
Oct 2010	2010 ICF Annual International Conference, International Coach Federation	Fort Worth, TX
Oct 2010	Coca-Cola Happiness Institute	Madrid, SPAIN
Apr 2010	Elliot Sokoloff Conference Day, Jewish General Hospital, McGill University	Montreal, BC, CANADA
Mar 2010	7th Annual Miriam O. Smith Educational Series, Jewish Family Service	Cincinnati, OH
Feb 2010	Quality of Life Forum, Santa Monica Public Library	Santa Monica, CA
Nov 2009	David Astle Memorial Lecture, Severn School	Severna Park, MD
Sep 2009	Greater Good Seminar Series	Los Angeles, CA
May 2009	4 <sup>th</sup> International Conference on Happiness & Its Causes	Sydney, AUSTRALIA
Mar 2009	Mind and Supermind: Expanding the Limits of Consciousness, Santa Barbara Community College	Santa Barbara, CA
Dec 2008	2008 Positive Psychology Leaders Series (by phone), International Positive Psychology Association	Santa Monica, CA
Nov 2008	SMC Associates, Santa Monica College	Santa Monica, CA
Nov 2008	MediaCat Forum	Istanbul, TURKEY
Oct 2008	Beyond Belief Conference, Candles in the Dark, The Salk Institute	La Jolla, CA
Sep 2008	SNAP! Conference, The Boulder Theater	Boulder, CO
Jul 2008	Aquarium of the Pacific	Long Beach, CA
Jul 2008	Compak Asset Management	Irvine, CA
Jun 2008	Unilever Mood Workshop, Consumer Perception & Behaviour	Rotterdam, THE NETHERLANDS
May 2008	Affiliates of UC Riverside Lunch Meeting, UC Riverside	Riverside, CA
Mar 2008	Authors Series, The Mirman School	Los Angeles, CA

Feb 2008	Google Authors Series, Google Headquarters	Santa Monica, CA
Feb 2008	The Help Group, Regency Club	Los Angeles, CA
Sep 2007	Masters Program in Positive Psychology, Positive Psychology Center, University of Pennsylvania	Philadelphia, PA
Jun 2007	First Annual Snuggle Senses Summit, Airth Castle	Scotland, UNITED KINGDOM
Dec 2006	Educational Week-End: "What is the good life?", Temple Isaiah	Los Angeles, CA
Sep 2006	Talk and dialogue with the Dalai Lama at the UBC Institute of Mental Health, Orpheum Theatre	Vancouver, CANADA
Sep 2005	Masters Program in Positive Psychology, Positive Psychology Center, University of Pennsylvania	Philadelphia, PA
Mar 2005	Citizens University Committee Breakfast Meeting, UC Riverside	Riverside, CA
May 2004	Staff Training in Extramural Programs Forum, National Institute of Health	Bethesda, MD
Apr 2004	Public Lecture, University of Oklahoma	Norman, OK
Aug 2003	2003 Positive Psychology Summer Institute	Montchanin, DE
May 2003	Annenberg Conference, University of Pennsylvania	Philadelphia, PA
Oct 2002	Office of Development, UC Riverside	Riverside, CA
May 2002	Templeton/APA Positive Psychology Prize Symposium, University of Pennsylvania	Philadelphia, PA
Apr 2002	Southern California Positive Psychology Conference, Peter F. Drucker School of Management, Claremont Graduate University	Claremont, CA
Feb 2002	Templeton Selection Day, University of Pennsylvania	Philadelphia, PA

### **Department/Area/Campus Colloquia**

Mar 2018	Texas Tech University	Campus Talk
Oct 2017	Stanford University	Psychology Colloquium Series
Oct 2017	UNC Chapel Hill	Public Campus Lecture
Mar 2017	Ohio State University	Social Psychology Colloquium Series
Sep 2016	Indian Institute of Technology	The Science of Happiness Workshop
Mar 2016	Yale University	Department of Psychology Colloquium Series
Dec 2015	University of Southern California	Department of Psychiatry, Grand Rounds
Oct 2015	UC Riverside	Campus Talk, UCR Faculty/Staff Wellness Program & Campus Organizations
Sep 2015	UC Berkeley	IPSR Colloquium Series, Institute for Personality and Social Research
Apr 2015	Colgate University	Campus Talk, Natural Sciences Colloquium, Lampert Institute for Civic and Global Affairs
Mar 2015	Brown University	Campus Talk, Departments of Cognitive, Linguistic, & Psychological Sciences and Philosophy
Dec 2012	UC Santa Barbara	Friday Area Social Colloquium
May 2012	Stanford University	Grand Rounds Series, Department of Psychiatry & Behavioral Sciences
Nov 2010	University of Zurich	Research Colloquium, Life Span Development and

		Personality Masters Program
Apr 2009	Duke University	Seminar in Marketing, Fuqua School of Business,
Apr 2009	UCLA	Social Psychology Colloquium Series
Apr 2009	UC Irvine	Department of Psychology and Social Behavior
Apr 2009	San Diego State University	Department of Psychology
Mar 2008	Claremont Graduate University	Stauffer Colloquium Series
Sep 2007	UNC Chapel Hill	Social Psychology Colloquium Series
Apr 2007	The University of Chicago	Workshop Speaker Series, Center for Decision Research, Graduate School of Business
Apr 2007	University of Southern California	Social Psychology Brown Bag Series
Sep 2006	University of British Columbia	Social Area Workshop
Apr 2005	UCLA	Social Psychology Colloquium Series
Apr 2004	University of Pennsylvania	Department of Psychology Colloquium
Apr 2004	University of Pennsylvania	Department of Psychology Seminar Talk
Mar 2001	UC Irvine	Department of Psychology and Social Behavior
Jun 2000	UCLA	Social Psychology Brown Bag
Dec 1998	University of Illinois, Urbana-Champaign	Department of Psychology
Oct 1998	Cornell University	Behavioral Decision Sciences Workshop, Johnson Graduate School of Management
Mar 1998	San Diego State University	General Psychology Colloquium
Jan 1998	UC Santa Barbara	Social Psychology Colloquium
Dec 1997	Cal State Fullerton	Social/Personality Psychology Colloquium
Apr 1997	UC Berkeley	IPSR Colloquium Series, Institute for Personality and Social Research
Nov 1996	University of Chicago	Social Judgment Colloquium, School of Management
Sep 1996	Moscow State University	Psychophysiology Seminar, Faculty of Psychology
Feb 1996	UT Austin	Social Psychology Colloquium Series
Sep 1995	Stanford University	Cultural Psychology Group
May 1995	UCLA	Social Psychology Brown Bag
Nov 1994	University of Michigan	Institute for Social Research

### Invited Conference Presentations

Margolis, S., Schwitzgebel, E., Ozer, D.J., & **Lyubomirsky, S.** (April, 2018). Relationships among types of well-being. Talk presented at the Interdisciplinary Workshop on Happiness, Well-Being, and Measurement, Harvard University School of Public Health, Cambridge, MA.

Fritz, M. M., Armenta, C. N., Walsh, L. C., & **Lyubomirsky, S.** (January, 2018). Gratitude facilitates healthy eating behavior in adolescents and young adults. Talk presented at the Gratitude Insights Conference, University of North Carolina, Chapel Hill, NC.

Margolis, S., Schwitzgebel, E., Ozer, D.J., & **Lyubomirsky, S.** (May, 2017). Measuring five philosophical types of well-being. Poster presented at the annual convention of the Association for Psychological Science, Boston, MA.

Margolis, S., & **Lyubomirsky, S.** (May, 2017). Identifying causal effects on well-being by manipulating personality-relevant behavior. Talk presented at the annual convention of the Association for Psychological Science, Boston, MA.



- Lyubomirsky, S.** (2017). The how, what, and why of happiness: The science of interventions aimed at increasing well-being. Paper presented at the Intervention Science Preconference of the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Nelson, S. K., Layous, K., Cole, S. W., & **Lyubomirsky, S.** (2017). Gender moderates the association between parenthood and well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX. (Symposium titled "Puzzles of Well-Being: Parenthood, Politics, and the Good Life.")
- Lyubomirsky, S.** (2016). The science of happiness. Invited talk presented at the 96<sup>th</sup> Annual Meeting of the Western Psychological Association, Long Beach, CA.
- Sherman, R. A., Twenge, J. M., & **Lyubomirsky, S.** (2016). More happiness for young people, and less for mature adults. Paper presented at the Lifespan Development Preconference of the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Layous, K., Nelson, S. K., & **Lyubomirsky, S.** (2014). Encouraging kindness: Mechanisms and outcomes. Paper presented at the Annual Meeting of the Western Psychological Association, Portland, OR. (Symposium titled "Gratitude and Prosocial Behavior: Other-Oriented Paths to Greater Happiness.")
- Nelson, S. K., & **Lyubomirsky, S.** (2014). "It's up to you": Autonomy support for prosocial behavior improves well-being. Paper presented at the Annual Meeting of the Western Psychological Association, Portland, OR. (Symposium titled "Gratitude and Prosocial Behavior: Other-Oriented Paths to Greater Happiness.")
- Layous, K., & **Lyubomirsky, S.** (2013). How do simple positive activities increase well-being? Paper presented at the Biennial Meeting of the International Positive Psychology Association, Los Angeles, CA. (Symposium titled "Pursuing Happiness: Cutting-Edge Experimental Research on Positive Activities.")
- Nelson, S. K., Chancellor, J., & **Lyubomirsky, S.** (2013). New insights from positive activity interventions: Effects of self-affirmation and giving and receiving generosity. Paper presented at the Biennial Meeting of the International Positive Psychology Association, Los Angeles, CA. (Symposium titled "Pursuing Happiness: Cutting-Edge Experimental Research on Positive Activities.")
- Haworth, C. M. A., Carter, K., Layous, K., Nelson, S. K., Jacobs Bao, K., **Lyubomirsky, S.**, & Plomin, R. (2013). What do genetic influences on wellbeing really mean for the success of intervention programs? Paper presented at the Biennial Meeting of the International Positive Psychology Association, Los Angeles, CA. (Symposium titled "Pursuing Happiness: Cutting-Edge Experimental Research on Positive Activities.")
- Lyubomirsky, S.** (2010). The promise of positive interventions to increase and sustain well-being in the workplace. Invited address at the 45th International Congress of AEDIPE, Management and Development Spanish Association, La Coruña, SPAIN.
- Lyubomirsky, S.** (2010). The how, what, when, and why of happiness. Paper presented as Psi Chi Distinguished Speaker, Annual Meeting of the Midwestern Psychological Association, Chicago, IL.
- Lyubomirsky, S.** (2010). The science of interventions for increasing well-being. Paper presented at the American Association for the Advancement of Science 2010 Annual Meeting, San Diego, CA. (Symposium titled "The Science of Well-Being and Implications for Societal Quality of Life.")
- Lyubomirsky, S.** (2010). A critical barrier to happiness?: Hedonic adaptation to positive experience. Paper presented at the Judgment and Decision Making Preconference of the Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NE.
- Lyubomirsky, S.** (2009). The how, what, when, and why of happiness: Exploring positive interventions to increase, sustain, and multiply well-being. Invited talk at the Social Networks Conference, Orange Institute, San Francisco, CA.
- Lyubomirsky, S.** (2009). The how of happiness: The promise of positive interventions to increase and sustain well-being. Invited talk at the Plenary Conference, II International Congress of Emotional Intelligence, Santander, SPAIN.
- Lyubomirsky, S.** (2009). The how, what, when, and why of happiness: Mechanisms underlying the success of positive interventions. Paper presented at the Annual Meeting of the International Positive Psychology Association, Philadelphia, PA. (Symposium titled "Positive Interventions: Theory, Research, and Practice.")
- Lyubomirsky, S.** (2009). The promise of interventions for promoting well-being. Paper presented at the NIA Workshop on "Advancing Integrative Psychological Research on Adaptive and Healthy Aging." Institute of Personality and Social Research, University of California, Berkeley, CA.
- Lyubomirsky, S.** (2008). Gratitude as a contributor to optimal functioning. Paper presented at the Annual Meeting of the Society of Experimental Social Psychology, Sacramento, CA. (Symposium titled "Contributors and Consequences of Optimal Functioning.")
- Lyubomirsky, S.** (2008). The how of happiness: Can we become lastingly happier? Invited address at the Annual Convention of the American Psychological Association, Boston, MA.

- Lyubomirsky, S.** (2008). The how, what, when, and why of mental health: Is it possible to become lastingly happier and, if yes, how? Invited talk at the Global Leadership Academy Conference on The New Science of Happiness and Well-Being, Singapore.
- Lyubomirsky, S.** (2008). The science of happiness. Paper presented at the 88th Meeting of the Western Psychological Association, Irvine, CA. (Symposium titled “Exploring Positive Psychology.”)
- Lyubomirsky, S.** (2008). The how of happiness: Boosting well-being through kindness, gratitude, and optimism. Annual luncheon talk given at the annual convention of the California Psychological Association, Anaheim, CA.
- Lyubomirsky, S.** (2007). Surmounting a critical barrier to happiness: Hedonic adaptation to positive experience. Paper presented at the Affective Forecasting and Hedonic Adaptation Conference, Harvard University, Cambridge, Massachusetts.
- Lyubomirsky, S.** (2007). Experimentally boosting well-being through kindness, gratitude, and optimism. Paper presented at the 19<sup>th</sup> Annual Convention of the Association for Psychological Science, Washington D.C. (Symposium titled “Enduring Sources of Positive Emotion: Beyond Boredom and Adaptation.”)
- Lyubomirsky, S.** (2007). Writing, talking, and thinking about life’s most wondrous moments and worst hours: Benefits for physical health and well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN. (Symposium titled “The Many Ways We ‘Broaden-and-Build’: Processing Responses to Negative and Positive Events and Multiple Pathways to Emotional Well-Being.”)
- Lyubomirsky, S.** (2006). Is happiness a strength, or does it just *feel* good?: A meta-analysis of the benefits of frequent positive affect. Paper presented at the Fifth International Positive Psychology Summit, Gallup Foundation, Washington D. C.
- Lyubomirsky, S.** (2006). From the Stanford basement to the *Jane Pauley Show*: Some self-focused thoughts about my mentor and friend. Paper presented at the Annual Convention of the American Psychological Association, New Orleans, LA.
- Lyubomirsky, S.** (2006). Is it possible to become lastingly happier?: Experimental inductions of gratitude, kindness, and optimism. Paper presented at the Annual Convention of the American Psychological Association, New Orleans, LA.
- Lyubomirsky, S.** (2006). In the pursuit of happiness: Experimental interventions to increase well-being. Paper presented at the 86th Meeting of the Western Psychological Association, Palm Springs, CA.
- Lyubomirsky, S.** (2006). A meta-analysis of the benefits of happiness. Paper presented at the Emotion Preconference of the Annual Meeting of the Society for Personality and Social Psychology, Palm Springs, CA. (Symposium titled “Emotion and Well-Being.”)
- Lyubomirsky, S.** (2005). Experimental interventions to increase well-being: Pursuing happiness through gratitude, kindness, optimism, and reflection. Paper presented at the Fourth International Positive Psychology Summit, Gallup Foundation, Washington D. C.
- Lyubomirsky, S.** (2004). Is happiness a strength? The benefits of frequent positive affect. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX. (Symposium titled “The Functional Significance of Positive Emotion.”)
- Lyubomirsky, S.** (2003). The mechanisms of sustainable increases in happiness. Paper presented at the Second International Positive Psychology Summit, Gallup Foundation, Washington D. C.
- Lyubomirsky, S.** (2003). Cognitive processes in happiness: Comparing the self-perceptions of happy and unhappy individuals. Paper invited at the Annual Meeting of the Society for Personality and Social Psychology, Los Angeles, CA. (International Society on Self and Identity pre-conference titled “Affect and Self-Regulation.”)
- Lyubomirsky, S.** (2001). The hedonic costs of self-reflection: Comparing happy and unhappy people. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX. (Symposium titled “Emotion Regulation in Everyday Life.”)
- Lyubomirsky, S.** (2000). In the pursuit of happiness: Comparing the U.S. and Russia. Paper presented at the Annual Meeting of the Society of Experimental Social Psychology, Atlanta, Georgia. (Symposium titled “Happiness, Hope, Optimism and Maturity: Social Psychological Approaches to Human Strengths.”)
- Lyubomirsky, S.** (2000). The correlates of long-term positive emotions. Positive Experience Network Meeting, Indian Wells, CA.
- Lyubomirsky, S.** (2000). Is happiness learnable? Second Positive Psychology Meeting, Akumal, Mexico.
- Lyubomirsky, S.** (1999). Effects of self-reflection on happiness and wisdom: Can the days that make us happy make us wise? Experience, Person, Collective Meeting, Swarthmore, PA.
- Lyubomirsky, S.** (1999). The antagonism between happiness and rationality: The costs of self-reflection. First Positive Psychology Meeting, Akumal, Mexico.
- Lyubomirsky, S.** (1998). Affective and cognitive responses to social comparison information: Hedonic casualties of self-reflection. Paper presented at the Annual Meeting of the Society of Experimental Social Psychology,

Lexington, KY. (International Society on Self and Identity pre-conference titled “Social Comparison and the Self.”)

**Lyubomirsky, S.** (1997). The phenomenology of dysphoric rumination and its consequences for problem solving. Paper presented at the Annual Meeting of the International Society for Traumatic Stress Studies, Montreal, Canada. (Symposium titled “Emotion, Rumination, Disclosure, and Social Sharing: What We Can Learn From Cognitive and Experimental Social Psychology.”)

## Conference Presentations

Walsh, L. C., & **Lyubomirsky, S.** (2018). To share or not to share?: The effects of gratitude on expressers, sharers, and targets. Paper to be presented at the Annual Meeting of the Society for Affective Science, Los Angeles, CA.

Ruberton, P. M., Nelson-Coffey, S. K., Chancellor, J., Cornick, J., Blascovich, B. & **Lyubomirsky, S.** (2018). The proximal experience of awe. Paper to be presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Walsh, L. C., & **Lyubomirsky, S.** (2018). To share or not to share?: The effects of gratitude on expressers, sharers, and targets. Paper to be presented at the Annual Meeting of the Association for Psychological Science, San Francisco, CA.

Fritz, M., & **Lyubomirsky, S.** (2018). Grateful feelings foster self-control: An investigation of gratitude, self-control, and motivation. Paper to be presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Margolis, S. M., & **Lyubomirsky, S.** (2018). The effects of induced extraverted behavior on personality change and well-being. Single paper session to be presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Walsh, L. C., & **Lyubomirsky, S.** (2018). To share or not to share?: The effects of sharing gratitude on sharers and targets. Paper to be presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Nelson, S. K., Layous, K., Cole, S. W., & **Lyubomirsky, S.** (2017). Do unto others or treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing. Paper presented at the 2017 Fifth World Congress on Positive Psychology, Montreal, CANADA.

Ruberton, P. M., Walsh, L. C., Revord, J., & **Lyubomirsky, S.** (2017). Do only the humble seek humility?: Characteristics of people motivated to become more humble. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Fritz, M., & **Lyubomirsky, S.** (2017). Gratitude and healthy eating: The health benefits of expressing gratitude. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Shin, L. J., & **Lyubomirsky, S.** (2017). Recalling kind acts for close others vs. strangers in Hong Kong Chinese and European Americans. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Margolis, S. M., & **Lyubomirsky, S.** (2017). Experimental manipulation of extraverted behavior leads to personality change and increases in well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Armenta, C. A., Fritz, M., Walsh, L. C., & **Lyubomirsky, S.** (2017). Gratitude and self-improvement in adolescents. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Revord, J., Margolis, S. M., Yetton, B., Seitz, A., & **Lyubomirsky, S.** (2017). The dissipating effects of recalling prosocial events on emotion and cognition. Paper presented at the Happiness and Well-Being Preconference, Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Nelson, S. K., & **Lyubomirsky, S.** (2016). The joy of fatherhood and the stress of motherhood: Gender moderates the association between parenthood and well-being. Paper presented at the annual meeting for the Association for Psychological Science. Chicago, IL.

Layous, K., Sweeny, K., Armenta, C., & **Lyubomirsky, S.** (2016). Gratitude interventions induce more than gratitude. Paper presented at the Annual Meeting of the Western Psychological Association, Long Beach, CA.

Fritz, M., Nelson, S. K., **Lyubomirsky, S.**, & Cole, S. (2016). Kindness is in the blood: The biological health indicators of experimentally induced prosocial behavior. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

Armenta, C., Layous, K., Nelson, S. K., Chancellor, J., & **Lyubomirsky, S.** (2016). Gratitude and self-improvement in the workplace. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

Ruberton, P. M., Gladstone, J., & **Lyubomirsky, S.** (2016). How your bank balance buys happiness: The importance of “cash on hand” to life satisfaction. Paper presented at the Annual Meeting for the Society for Personality and Social Psychology, San Diego, CA.

- Shin, L. J., Layous, K. A., Fritz, M., & **Lyubomirsky, S.** (2016). Kindness-based positive interventions in two cultures. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Chancellor, J., Cornick, J., Nelson, S. K., Blascovich, B. & **Lyubomirsky, S.** (2015). Above the Pale Blue Dot: Awe and state humility in immersive virtual environments. Paper presented at the inaugural International Convention of Psychological Science, Amsterdam, The Netherlands.
- Kruse, E., Chancellor, J., & **Lyubomirsky, S.** (2015). Humility as psychologically healthy: Two approaches. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA. (Symposium titled "A Big Helping of Humble Pie: Novel Benefits and New Methods for Cultivating Humility.")
- Nelson, S. K., & **Lyubomirsky, S.** (2015). Who benefits more from having children? The role of gender in the link between parenthood and well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA. (Symposium titled "The Meaning of Life: Empirically Assessing Self-Actualization, Well-Being, and Satisfaction.")
- Layous, K., Kurtz, J., Nelson, S. K., & **Lyubomirsky, S.** (2015). Triggering kindness: Mechanisms and outcomes. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Armenta, C. N., & **Lyubomirsky, S.** (2015). Triggering gratitude in the workplace. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Ruberton, P. M., Kruse, E., Chancellor, J., Huynh, H., Miller, T. A., & **Lyubomirsky, S.** (2015). The relationship between physician humility, physician-patient communication, and patient health. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Nelson, S. K., & **Lyubomirsky, S.** (2014). Parenthood unpacked: When, why, and how is parenthood associated with well-being? Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX. (Symposium titled "The Devil Is in the Details: Revealing the Complexities of the Relationship Between Parenthood and Well-Being.")
- Nelson, S. K., & **Lyubomirsky, S.** (2014). Women's experiences and emotions revealing their pregnancy to others. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
- Layous, K. & **Lyubomirsky, S.** (2014). A focus on others, a focus on yourself: The hedonic benefit of other-focus. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
- Ruberton, P. M., Kruse, E., Chancellor, J., & **Lyubomirsky, S.** (2014). An upward spiral between gratitude and humility. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
- Lyubomirsky, S.** (2013). How small and simple positive activities produce meaningful increases in happiness. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA. (Symposium titled "A Happy and Meaningful Life: Cutting-Edge Research on Two of Humankind's Most Cherished Goals.")
- Kruse, E., Chancellor, J., & **Lyubomirsky, S.** (2013). Self-affirmation increases humility. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Nelson, S. K., & **Lyubomirsky, S.** (2013). Beyond self-protection: Self-affirmation boosts well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Jacobs Bao, K., Layous, K., & **Lyubomirsky, S.** (2013). Aspirations and well-being: A study of high school students. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Layous, K., Lee, H. C., Choi, I., & **Lyubomirsky, S.** (2013). Culture matters when designing the perfect positive activity: A comparison of the U.S. and South Korea. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Huffman, J. C., DuBois, C. D., Boehm, J. K., Kashdan, T. B., Fava, M., Mastromauro, C. A., & **Lyubomirsky, S.** (2012). Assessment of positive psychology exercises in suicidal inpatients. Abstract presented at the Academy of Psychosomatic Medicine Annual Meeting, Atlanta, GA, November 15, 2012.
- DuBois, C. D., Boehm, J. K., **Lyubomirsky, S.**, Kashdan, T. B., Mastromauro, C. A., & Huffman, J. C. (2012). Exploration of positive psychology exercises for suicidal inpatients. Paper presented at Massachusetts General Hospital Clinical Research Day, Boston, MA, October 11, 2012.
- Nelson, S. K., Layous, K., Oberle, E., Schonert-Reichl, K. A., & **Lyubomirsky, S.** (2012). Kindness counts: Promoting well-being and peer acceptance through prosocial behavior. Poster presented at the meeting for the Science of Compassion, Telluride, CO.
- \*Outstanding Research Award, 2012 Science of Compassion Conference
- Layous, K., Nelson, K., Oberle, E., Schonert-Reichl, K. A., & **Lyubomirsky, S.** (2012). Counting kindness: Promoting peer acceptance through prosocial behavior. Paper presented at the Annual Meeting of the Western Psychological Association, San Francisco, CA.

- Zanon, C., Layous, K., Lee, H., Choi, I., & **Lyubomirsky, S.** (2012). Testing for measurement invariance in the Subjective Happiness Scale: A comparison of the U. S. and South Korea. Paper presented at the Annual Meeting of the Western Psychological Association, San Francisco, CA.
- Haworth, C. M. A., Palmer, C., Layous, K., Nelson, S. K., Jacobs Bao, K., **Lyubomirsky, S.** & Plomin, R. (2012). The Twins Wellbeing Intervention Study (TWIST): A genetically sensitive online intervention. Paper presented at the European Association for Behavioural and Cognitive Therapies, Geneva, SWITZERLAND.
- Layous, K., Nelson, S. K., Jacobs Bao, K., Plomin, R., Haworth, C. M. A., & **Lyubomirsky, S.** (2012). Are parents more accurate at gauging the happiness of their sons or daughters? Paper presented at the Emotion Preconference of the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Chancellor, J., & **Lyubomirsky, S.** (2012). The effects of a positive activity on well-being, behavioral rhythm, and social interactions at a Japanese workplace. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Layous, K., & **Lyubomirsky, S.** (2012). The role of participant effort in a positive activity intervention. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Nelson, S. K., Layous, K., Oberle, E., **Lyubomirsky, S.**, & Schonert-Reichl, K. A. (2012). An acts of kindness intervention with school-age children. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Jacobs Bao, K., & **Lyubomirsky, S.** (2012). Well-being and aspirations: When are high aspirations harmful? Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Nelson, S. K., & **Lyubomirsky, S.** (2011). The joys of parenthood: The (surprising) relationship between parenthood and well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Layous, K., Nelson, S. K., & **Lyubomirsky, S.** (2011). The role of peer testimonial information in a “best possible selves” intervention. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Jacobs, K. M., & **Lyubomirsky, S.** (2011). The course of well-being in romantic relationships. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Huffman, J., Mastromauro, C., Boehm, J., Benson, H., Fricchione, G., & **Lyubomirsky, S.** (2010). Randomized trial of psychological interventions to improve outcomes in hospitalized cardiac patients. Paper presented at the 57<sup>th</sup> Annual Meeting of the Academy of Psychosomatic Medicine, Marco Island, FL.
- Sin, N. L., **Lyubomirsky, S.**, & DiMatteo, M. R. (2010). Physician well-being, patient well-being, and communication in the medical interaction. Paper presented at the EACH 2010 International Conference on Communication in Healthcare, Verona, ITALY.
- Jacobs, K. M., Boehm, J. K., & **Lyubomirsky, S.** (2010). Getting used to the good things in life: Hedonic adaptation to positive life events. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Lyubomirsky, S.** (2009). The role of person-activity fit in positive interventions. Paper presented at the First Meeting of the International Positive Psychology Association, Philadelphia, PA. (Workshop titled “Positive Interventions: Theory, Research, and Practice.”)
- Della Porta, M. D., Sin, N. L., & **Lyubomirsky, S.** (2009). Searching for the placebo effect in happiness-enhancing interventions: An experimental longitudinal study with depressed participants. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Tampa, FL.
- Boehm, J. K., & **Lyubomirsky, S.** (2009). Cultural differences in the pursuit of happiness: A longitudinal experiment comparing community-dwelling Anglo Americans and Asian Americans. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Tampa, FL.
- Lyubomirsky, S.** (2007). Hedonic adaptation as a barrier to happiness. Paper presented at the Annual Meeting of the Society of Experimental Social Psychology, Chicago, IL.
- LaPlante, A., Dickerhoof, R., Boehm, J. K., & **Lyubomirsky, S.** (2007). Endowing vs. contrasting life experiences: The effect of thought perspectives on well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Dickerhoof, R., Boehm, J. K., & **Lyubomirsky, S.** (2007). The role of motivation in the pursuit of happiness. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Boehm, J. K., Dickerhoof, R., & **Lyubomirsky, S.** (2006). Endowing vs. contrasting life events: The relation between thought processes and well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Tkach, C., Schueller, S., **Lyubomirsky, S.**, & Yelverton, J. (2005). Unlocking the treasury of human kindness: Improvements in mood, happiness, and social networks. Paper presented at the 85<sup>th</sup> Meeting of the Western Psychological Association, Portland, OR.
- Dickerhoof, R., & **Lyubomirsky, S.** (2004). Processing positive vs. negative life experiences: Does method matter? Paper presented at the Annual Convention of the American Psychological Association, Honolulu, HI.

- Tkach, C. & Lyubomirsky, S. (2004). What are the differences between happiness and self-esteem? Paper presented at the Annual Convention of the American Psychological Association, Honolulu, HI.
- Dickerhoof, R., & Lyubomirsky, S. (2004). The effects of processing positive events on health and well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
- Tkach, C., Yelverton, J., & Lyubomirsky, S. (2002). Happiness strategies: A survey of what people do to maintain or increase happiness. Paper presented at the 14<sup>th</sup> Annual Convention of the American Psychological Society, New Orleans, LA.
- Chang, O. & Lyubomirsky, S. (2000). Effects of rumination on delay of health care seeking for potential breast cancer symptoms. Paper presented at the 80th Meeting of the Western Psychological Association, Portland, OR.
- Zehm, K. & Lyubomirsky, S. (1999). Hedonic consequences of negative feedback: An examination of cognitive interference in happy and unhappy individuals. Paper presented at the 79th Meeting of the Western Psychological Association, Irvine, CA.
- Lyubomirsky, S. (1997). The meaning and expression of happiness: Comparing the United States and Russia. Paper presented at the Ninth Annual Conference of the American Psychological Society, Washington D.C. (Symposium titled "Cultural Influences on Happiness and Well-Being.")
- Caldwell, N., & Lyubomirsky, S. (1997). The phenomenology of dysphoric rumination. Paper presented at the 77th Meeting of the Western Psychological Association, Seattle, WA.
- Olson-Tinker, H., & Lyubomirsky, S. (1997). The effects of ruminative style on reading comprehension. Paper presented at the 77th Meeting of the Western Psychological Association, Seattle, WA.
- Caldwell, N., & Lyubomirsky, S. (1996). What do people actually do when they ruminate? Paper presented at the 76th Meeting of the Western Psychological Association, San Jose, CA.
- Lyubomirsky, S. (1994). Hedonic consequences of social comparison. Paper presented at the 74th Meeting of the Western Psychological Association, Kona, HI.
- Lyubomirsky, S. (1993). Post-decisional shifts in evaluations of colleges by happy and unhappy people. Paper presented at the 73rd Meeting of the Western Psychological Association/Rocky Mountain Psychological Association, Phoenix, AZ.
- Lyubomirsky, S., & Nolen-Hoeksema, S. (1992). "I know it'll cheer me up, but...": Barriers to distraction among depressed ruminators. Paper presented at the sixth annual Stanford-Berkeley Symposium on Personality, Social, and Clinical Psychology, Stanford, California.
- Lyubomirsky, S., & Ross, L. (1992). Shifts in dessert preferences: Comparing happy and unhappy people. Paper presented at the Fourth Annual Conference of the American Psychological Society, San Diego, California.
- Lyubomirsky, S. (1991). The hedonics of thinking about events: A subjectivist approach to happiness. Paper presented at the fifth annual Stanford-Berkeley Symposium on Personality, Social, and Clinical Psychology, Berkeley, California.

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## PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA), 1989-present  
 Association for Psychological Science (APS), 1989-present  
 Society for Personality and Social Psychology (SPSP), 1992-present  
 International Positive Psychology Association (IPPA), 2007-present  
 Division of Positive Health Psychology, IPPA, 2008-present

Society of Experimental Social Psychology (SESP), elected member, 2009-present  
 Association for Research in Personality, 2017-present

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## TELESEMINARS/PUBLIC APPEARANCES/Q&As/BLOGS

2017-present	Founding columnist, <i>Behavioral Scientist</i>	<a href="https://app.box.com/s/kxag1ld76ygez6uo1hqv175jf14whvs">https://app.box.com/s/kxag1ld76ygez6uo1hqv175jf14whvs</a>
Jan 31, 2018	Invited speaker, The Art & Science of Happiness Synthesis Unit	Anacapa School, Santa Barbara, CA
Oct 7, 2015	Q&A series, Certification in Applied Positive Psychology	The Flourishing Center
Nov 21, 2014	Q&A, Positive Fridays	Claremont Graduate University, Claremont, CA

May 31, 2014	Panelist, 25 <sup>th</sup> -Year Reunion Panel (Roundtable titled "Happiness, Inc.")	Harvard University, Cambridge, MA
Oct 18, 2013	Panelist, The Roundtable, moderated by Katie Couric (Roundtable titled "Are you happy now?")	Stanford University, Stanford, CA
Mar 20, 2013	Invited speaker, Literary Affairs	Temple Emanuel of Beverly Hills, Beverly Hills, CA
2012-2015	Q&A series, Certificate Program in Positive Psychology	New York Open University
2008-present	Blogger, <i>Psychology Today</i> , "How of Happiness,"	psychologytoday.com/blog/how-happiness
2008-2009	Lecturer, Positive Psychology Training Program	Positive Living
2008-2009	Lecturer, Positive Psychology Master Class	MentorCoach
Dec 10, 2008	Lecturer, Positive Psychology Leaders Series (teleseminar)	International Positive Psychology Association
Dec 5, 2008	Speaker (teleconference)	Executive Coaching for Women
Nov 10, 2008	Speaker (teleconference), Coaching Division	Anthony Robbins Companies
Oct 15, 2008	Speaker (teleconference)	The Entrepreneurial MD
Aug 25, 2008	Speaker (teleconference)	Learn From My Life
Jul 9, 2008	Speaker (teleseminar)	National Institute for the Clinical Application of Behavioral Medicine
Jun 20, 2008	Speaker (teleseminar)	Coaching Toward Happiness
Apr 26, 2008	Panelist, Los Angeles Times Festival of Books (Panel titled "Smile: Is Happiness Overrated?")	University of California, Los Angeles, CA
Feb 26, 2008	Quarterly Speaker (teleseminar)	Masters of Positive Psychology
Feb 2014	Harvard-Westlake School, Parent Education Night	Los Angeles, CA

#### Book Readings & Signings:

Boulder Bookstore, Boulder, CO, January 21, 2008  
 Book Passage, Corte Madera, CA, January 24, 2008  
 Cody's on Fourth, Berkeley, CA, January 25, 2008  
 Barnes & Noble, Santa Monica, CA, February 5, 2008  
 Vroman's Bookstore, Pasadena, CA, January 21, 2013  
 Town Center Books, Pleasanton, CA, January 29, 2013  
 Booksmith, The Hillside Club, Berkeley, CA, January 29, 2013  
 Powell's Books, Portland, OR, January 30, 2013  
 Elliott Bay Book Company, Seattle, WA, January 31, 2013

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### MEDIA COVERAGE HIGHLIGHTS

\*See [drsonja.net/media](http://drsonja.net/media) for 2008-present list

#### Print

March, 2018	<i>US News &amp; World Report</i>	"The Hazards of Rumination for Your Mental and Physical Health"
Nov 7, 2017	<i>Forbes</i>	"Research Reveals 6 Surprisingly Simple Changes That Will Make You Happier"
June 30, 2016	<i>TIME</i>	"Turns Out an 'Emotional Vacation' Was Just the Kind of Vacation I Needed"
June, 2016	<i>AARP Bulletin</i>	"A Conversation with Sonja Lyubomirsky"

June 24, 2015	<i>TIME</i>	“How to Find Happiness: 3 Secrets From Science”
May 5, 2015	<i>The Washington Post</i>	“Skip the McBurger and Other Simple Ways to Boost Your Mood”
Oct 23, 2014	<i>New York Times</i>	“How To Gladden a Wealthy Mind”
Jan 14, 2013	<i>New York Times</i>	“That Loving Feeling Takes a Lot of Work”
Apr 19, 2013	<i>New York Times</i>	“Happiness Inc.”
Sep 8, 2008	<i>Los Angeles Times</i>	“The Science of Happiness
Jan 4, 2008	<i>The Wall Street Journal</i>	“The Pursuit of Happiness”
Jan 18, 2008	<i>US News &amp; World Report</i>	Q & A with Sonja Lyubomirsky
Apr 14, 2010	<i>US News &amp; World Report</i>	“The Science of Workplace Happiness”
Jan 2, 2012	<i>US News &amp; World Report</i>	“With Depression, Helping Others May In Turn Help You”
Jan 9, 2013	<i>US News &amp; World Report</i>	“How to Turn Life’s Challenges into Positive Outcomes”
Jan 24, 2013	<i>US News &amp; World Report</i>	“Acts of Kindness Can Make You Happier”
Jan 13, 2013	<i>The Week</i>	“Sonja Lyubomirsky’s 6 Favorite Books”
May 19, 2012	<i>Economist</i>	“The Joys of Parenthood”
Apr 3, 2008	<i>The New York Review of Books</i>	“Are You Happy?”
Apr, 2008	<i>Monitor on Psychology</i>	“The happiness diet”
Aug 16, 2008	<i>USA Today</i>	“Researcher: Techniques Can Boost Happiness”
Jan 16, 2013	<i>USA Today</i>	“Are Parents Happier? Dads May Be, But Not Moms, Singles”
Aug 16, 2008	<i>USA Today</i>	“Researcher: Techniques Can Boost Happiness”
Jan 16, 2013	<i>USA Today</i>	“Are Parents Happier? Dads May Be, But Not Moms, Singles”
Jan 18, 2013	<i>Business Week</i>	“A 30 Rock Guide to Workplace Happiness”
Jan 18, 2013	<i>The Star</i>	Review of <i>The Myths of Happiness</i>
Feb 10, 2009	<i>San Francisco Chronicle</i>	“Cheer Up – You Can Learn To Be Happy”
Jun 13, 2007	<i>TIME</i>	“20 Ways To Get and Stay Happy”
Jul 8, 2009	<i>TIME</i>	“The Science of Happiness Turns 10. What Has It Taught?”
Jun 14, 2012	<i>TIME</i>	“Parents (Especially Dads) Are Happier Than Their Childless Pals”
Aug 14, 2009	<i>The Guardian</i>	“How to Feel Up in a Downturn”
Dec 10, 2009	<i>NRC Handelsblad</i>	“Geluk is...je geld uitgeven aan fijne dingen”
Jan 4, 2013	<i>Publisher’s Weekly</i>	“Pay Attention: Be Happy: PW Talks with Sonja Lyubomirsky”
Jan, 2014	<i>GEO Magazine</i>	“Nach Glück zu Streben? Sinnlos!”
Nov 10, 2014	<i>The Wall Street Journal</i>	“Can Money Buy You Happiness?”
<b>Television</b>		
Jul 8, 2015	NBC-TV	“The Today Show”; click here to view
Jul 25, 2014	CCTV-America	“Full Frame”; click here to view
Jan 27, 2013	expert video	“Big Think”; click here and here to view
Jan 21, 2013	FOX KTTV-LA	“Good Day L. A.”; click here to view



Jan 14, 2013	The Big Picture with Thom Hartmann	Conversations With Great Minds”; click here to view Part I and Part II
Jan 6, 2012	NBC-TV	“The Today Show”; click here to view
Jan 2 2013	NBC-TV	“The Today Show”; click here to view
Oct 11, 2012	ABC-TV	“Katie” (Katie Couric show); click here to view
Jan 4, 2013	FOX-TV	“Fox & Friends”; click here to view
Aug 7, 2011	Al Jazeera English (TV)	evening news
Apr 5, 2010	syndicated TV	“The Dr. Oz Show”
Jan 6, 2010	PBS	documentary series “This Emotional Life”; click here to download and view
Jan 8, 2008	ABC-TV	“Good Morning America”; click here to view
Jan 11, 2008	ABC-TV	“20/20”; click here to view
Jul 16, 2008	CNBC-TV	“The Big Idea with Donny Deutsch”
Nov 9, 2009	syndicated TV	“The Dr. Oz Show”

### Radio

Jul 15, 2014	Slate	“The Gist”; click here to listen
Mar 1, 2014	KPFK-FM 90.7	“Free Forum With Terrence McNally”; click here to listen
Feb 19, 2013	National Public Radio	“Morning Edition”; click here to listen
Jan 3, 2013	National Public Radio	“The Diane Rehm Show”; click here to listen and see transcript
Jan 9, 2013	Southern California Public Radio	“AirTalk,” with Larry Mantle; click here to listen
Apr 9, 2012	KCRW-FM Public Radio (Santa Monica, CA)	Warren Olney’s “To The Point”
Feb 18, 2008	CBS Radio Network	“Science Today”
Feb 18, 2008	National Public Radio	“On Point”
Apr 3, 2008	Southern California Public Radio	“Patt Morrison”
May 2, 2008	KQED, Northern California Public Radio	“Forum”
Dec 26, 2008	KQED, Northern California Public Radio	“Forum”

### INTERNAL SERVICE

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2017-present	Vice Chair	Department of Psychology, UC Riverside
2005-2018	Graduate Advisor	Department of Psychology, UC Riverside
2009-present	Member, Graduate Education Committee	Department of Psychology, UC Riverside
Sep 15, 2017	Panelist, Annual Retreat	UCR Women’s Faculty Association
Aug 14, 2017	Speaker, Undergraduate Admissions Annual Fall Training	Undergraduate Admissions, UC Riverside
Sep 22, 2015	Speaker, Annual Department Conference	Department of Psychology, UC Riverside
2014-2015	Author, Well-Being Cluster Proposal	Department of Psychology, UC Riverside
2014-2016	Member, Strategic Planning Committee	Department of Psychology, UC Riverside

2012-present	Faculty Mentor to Junior Faculty: Elizabeth Davis, Sara Mednick, Megan Robbins, & Rachel Wu	Department of Psychology, UC Riverside
2012-2013	Chair, Well-Being Search Committee	Department of Psychology, UC Riverside
Jun 6, 2012	Phi Beta Kappa Speaker, Iota Chapter	UC Riverside
Jan 18, 2012	Speaker, UC Board of Regent's Dinner	Chancellor's Residence, UC Riverside
Oct 24, 2011	Speaker, Dean's Advisory Council,	College of Humanities, Arts, and Social Sciences, UC Riverside
Apr 4, 2008	Speaker, Discover Days	College of Humanities, Arts, and Social Sciences, UC Riverside
2007-2008	Member, Health and Well-Being Search Committee	Department of Psychology, UC Riverside
Sep 27, 2006	Speaker, Annual Department Conference	Department of Psychology, UC Riverside
2005-2006	Chair, Psychopathology Search Committee	Department of Psychology, UC Riverside
1999-2004	Director, Undergraduate Honors Program	Department of Psychology, UC Riverside
2004-2005	Faculty Co-Advisor, Psi Chi Honor Society	UC Riverside chapter
2004-present	Member, Subject Pool Committee	Department of Psychology, UC Riverside
2003-2004	Member, Ad Hoc Curriculum Advisory Committee	College of Humanities, Arts, and Social Sciences, UC Riverside
Sep 25, 2002	Speaker, Annual Department Conference	Department of Psychology, UC Riverside
2001-present	Faculty Mentor, Women's Faculty Association	College of Humanities, Arts, and Social Sciences, UC Riverside
1998-present	Member, Law and Society Committee	College of Humanities, Arts, and Social Sciences, UC Riverside
1999-present	Member, Steering Committee, Washington Center Program	UC Riverside
2003-2004	Member, B.S. Degree Committee	Department of Psychology, UC Riverside
2002-2003	Member, Personality Search Committee	Department of Psychology, UC Riverside
1997-1998	Member, Charges Committee	Academic Senate, Riverside Division, UC Riverside
1994-2003	Organizer of Social/Personality Brownbag Series	Department of Psychology, UC Riverside
1998-1999	Member, Colloquium Committee	Department of Psychology, UC Riverside
1997-1998	Member and Affirmative Action Monitor, Social/Personality Search Committee	Department of Psychology, UC Riverside
1992-1994	Statistical Consultant for the Undergraduate Honors Program (paid position)	Department of Psychology, Stanford University
1992-1994	Statistical Consultant for First-Year Doctoral Students	Department of Psychology, Stanford University

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#### NATIONAL AND INTERNATIONAL SERVICE

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2017-present	Member, Board of Advisors	Center of Excellence, The Science of Happiness, S P Jain School of Global Management, Dubai Campus.
2016-present	Member, Global Happiness Council	United Nations Sustainable Solutions Network, World Government Summit

2017-present	Member, Editorial Content Group, Synthesis Chapter	Global Happiness Council Report to the United Nations Sustainable Solutions Network
2016-2020	Member, Social Psychology Award Nomination Panel	Society for Personality and Social Psychology (SPSP)
2015-2016	Creator and Instructor, 3-Week eCourse: “Be Happy: How to Bring More Joy to Your Life”	Life Reimagined, AARP & UnitedHealthcare
2015-2016	Consultant, <i>Share the Joy</i> Campaign	Reddi-wip, ConAgra Foods Inc.
2015-2016	Consultant, <i>Making the Most of the Time You Have</i> track	Happify, New York, NY
2012-2016	Consultant, <i>Live 360</i> Program	Compak Asset Management, Newport Beach, CA
Mar 3, 2016	Guest speaker, Seminar on Nonviolence	The Maret School, Washington D.C.
Feb 28, 2015	Co-Chair, SPSP Symposium, “A Big Helping of Humble Pie: Novel Benefits and New Methods for Cultivating Humility”	Society for Personality and Social Psychology conference, Long Beach, CA
Feb 26, 2015	Co-Organizer, SPSP Pre-Conference, “Happiness and Well-Being”	Society for Personality and Social Psychology conference, Long Beach, CA
2015-present	Member, Advisory Board	Greater Good Science Center, UC Berkeley
2015-present	Member, Scientific Advisory Board	Happify, New York, NY
2014-present	Honorary Member, Advisory Board	Chilean Society of Positive Psychology
2013-present	Member, Advisory Board	The Psych Report (edited by Barry Schwartz & Evan Nesterak)
2013-present	Member, Advisory Board	Instituto de Ciencias de la Felicidad (Wellbeing Institute in Mexico)
Jun 29, 2013	Chair, IPPA Symposium, “Pursuing Happiness: Cutting-Edge Experimental Research on Positive Activities”	International Positive Psychology Association conference, Los Angeles, CA
Feb 13, 2014	Co-Organizer, SPSP Pre-Conference, “Happiness and Well-Being”	Society for Personality and Social Psychology conference, Austin, TX
Apr 26, 2014	Co-Chair, WPA Symposium, “Gratitude and Prosocial Behavior: Other-Oriented Paths to Greater Happiness”	Western Psychological Association conference, Portland, OR
Feb 8, 2012	Guest speaker, Parent Education Night	Saint Francis High School, Mountain View, CA
2011	Member, Media Achievement Award and Media Prize Panel	Society for Personality and Social Psychology (SPSP)
2010-present	Contributing Editor	<i>Los Angeles Review of Books</i>
2009-present	Member, Editorial Board	<i>The Journal of Positive Psychology</i>
2005-2009	Associate Editor	<i>The Journal of Positive Psychology</i>
2007	Member, Task Force on Future Conferences	Society for Personality and Social Psychology (SPSP)
2009-2010	Member, International Advisory Board (IAB), 2 <sup>nd</sup> Australian Positive Psychology and Well-Being Conference	Monash University, Melbourne, AUSTRALIA

2010-present	Member, International Advisory Board	Global Chinese Positive Psychology Association
2010-present	Member, Advisory Board, Center for Happiness Studies	Seoul National University
2009-present	Member, Product Advisory Board, Energy Inside	Cambridge, MA
2011-present	Member, Scientific Advisory Board, Hapacus	Milwaukee, Wisconsin
2008-present	Member, Scientific Advisory Board, bLife	Pleasantville, NY
Oct 12, 2007	Discussant and Chair, SESP Symposium, "Promoting Versus Thwarting Hedonic Adaptation: Examining Barriers to Sustained Well-Being"	Society of Experimental Social Psychology conference, Chicago, IL
2007-2008	External Advisor, Masters Program in Positive Psychology	University of Pennsylvania
2011	Consultant, Department of Citrus	State of Florida
May 20, 2009	Consultant, HopeLab	Redwood City, CA
2008	Consultant, Live Life Well	Mental Health America, New York, NY
2007	Consultant, <i>Guide to Upliftment</i>	Salt Communications, London, UNITED KINGDOM
2008	Consultant, Research & Development	Unilever Headquarters, Rotterdam, NETHERLANDS
2008-2009	Advisor, Military Community & Family Policy	Department of Defense, Pentagon, Arlington, VA
2008-2009	Consultant, Life Potential	VentureMCS, Boston, MA
2008-2009	Advisor, WGBH-TV, Positive Pursuit—The Science of Well-Being Multi-Media Initiative	Boston, MA
2005, 2006	Chair, Poster Award Committee	International Positive Psychology Summit
2005	Co-Organizer	5 <sup>th</sup> Annual International Positive Psychology Summit
Aug, 2006	Expert Consultant, Well-Being Group (Daniel Kahneman, P. I.),	National Institute of Aging (sponsor)
2006-present	Member, International Advisory Board, Centre for Applied Positive Psychology	University of Warwick, UNITED KINGDOM
1999-present	Member, Editorial Board	<i>Journal of Happiness Studies: An Interdisciplinary Periodical on Subjective Well-Being,</i>
2005-2006	Expert Consultant and On-Air Interviewer, <i>The Pursuit of Happiness</i> , feature documentary	Canadian Television (CTV) and Spinfree Productions
2004	Member, Poster Award Committee	International Positive Psychology Summit
2002, 2003	Member, Award Selection Committee	Senior Investigator Positive Psychology Award
2004	Master Lecturer	Authentic Happiness Coaching Course
2004-2012	Consultant, New Economics Foundation	London, UNITED KINGDOM
1999-present	UCR Campus Representative, Psychology	California State University, San Marcos

	Student Research Fair	
1999-2002	Listmaster, Positive Psychology Listserve	American Psychological Association
Aug 16, 1998	Organizer and Chair, APA Symposium, "Applied Issues in Mental Control"	American Psychological Association, San Francisco, CA
May 23, 1998	Organizer and Co-Chair, APS Symposium, "Mechanisms of Cultural Influence: Understanding Cultural Differences in Emotion, Morality, and Violence"	Association for Psychological Science, Washington D.C.
May 26, 1997	Organizer and Chair, APS Symposium, "Cultural Perspectives on Happiness and Well-Being"	Association for Psychological Science, Washington D.C.
1993	Consulting Reviewer, Program Review Committee	Western Psychological Association/Rocky Mountain Psychological Association, Phoenix, AZ

Ad Hoc Reviewer (Journals), *Psychological Bulletin*, *Journal of Personality and Social Psychology*, *Personality and Social Psychology Bulletin*, *Psychological Science*, *Health Psychology*, *Journal of Research in Personality*, *Motivation and Emotion*, *Cognition and Emotion*, *Personality and Individual Differences*, *Memory and Cognition*, *Cognitive Therapy and Research*, *Journal of Family Psychology*, *Journal of Clinical and Social Psychology*, *Journal of Nonverbal Behavior*, *Journal of Happiness Studies*, *British Journal of Clinical Psychology*, *Journal of Applied Social Psychology*, *Current Directions in Psychological Science*, *Perspectives on Psychological Science*, *Journal of Experimental Social Psychology*, *Social Cognition*, *Science*, *Social Psychological and Personality Science*, *PLoS ONE*, *Social Indicators Research*, *Personality and Social Psychology Review*, *PNAS*

External Reviewer (Grants), National Science Foundation, John Templeton Foundation, Cambridge Conservation Institute

## TEACHING EXPERIENCE

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### Undergraduate

Introduction to Psychology  
 Social Psychology  
 Applications of Social Psychology  
 Psychology of Emotions  
 Psychology of Happiness and Virtue  
 Positive Psychology  
 Honors Research Seminar

### Graduate

Academic Skills and Professional Development  
 Experimental Design and Analysis of Variance  
 Statistical Methods for the Social Sciences  
 Seminar: Science of Well-Being  
 Seminar: Affect and Cognition  
 Seminar: Emotion and Culture  
 Seminar: The Psychology of Mental Control

### I am prepared to teach the following courses:

Introduction to Psychology  
 Social Psychology  
 Applications of Social Psychology

Science of Well-Being  
 Professional Development