**11**: happiness equals positive emotion, engagement and meaning.

Engagement is about flow: being one with the activity. In flow we merge with the object.

**12**: the meaningful life consists in belonging to and serving something you believe is bigger than the self, and humanity creates all the positive institutions to allow this: religion, political party, the green, the Boy Scouts, where the family. So that is authentic happiness. Positive psychology is about happiness and three guises: positive emotion, engagement, and meeting.

**17**: meaning is not a subjective state. Abraham Lincoln, a profound melancholic, may have, in his despair, judge his life to be meaningless, but we judge it to be pregnant with meaning.

**22**: The brain is a relationship simulation machine, and it has been selected by evolution for exactly the function of designing and carrying out harmonious but effective human relationships.

**23**: we are, emotionally, creatures of the hive, creatures who ineluctably seek out positive relationships with other members of our life.

**24**:PERMA:

* positive emotion
* engagement
* relationships
* meaning
* achievement

**124**: a review of the elements of achievement that have emerged from the theory that achievement = skill x effort:

1. fast. Issue speed of thought about a task reflects how much of that task is on automatic; how much skill or knowledge relevant to the task person has.
2. Slow. Unlike underlying skill or knowledge, the executive functions of planning, checking your work, calling memories, and creativity are slow processes. The more knowledge and skill you have (acquired earlier by speeding delivery practice), the more time you have left over to use you slow processes and, hence, the better the outcomes.
3. Rate of learning. The faster your rate of learning: and this is not the same factor is your sheer speed of thought about the task: the more knowledge you can accumulate for each unit of time you work on the task.
4. Effort equals time on task. The sheer time you spend on task multiplies how much skill you have an achieving your goal and also interested in the first factor: the more time spent on the task for more knowledge and skill stick with you. The main character determinants of how much time you go to the past for your self-discipline

**125**: (the first three are difficult to understand where they come from) but effort is no more and no less than how much time you practice the task. Time on task acts in two ways to increase the achievement: it multiplies existing skill and knowledge, and it also directly increases knowledge the best news that effort is very malleable. How much I need developed with task comes from the exercise of conscious choice from free will.

**139**: negative emotions warn us about a specific threat:

* **Fear**: when we feel fear, is almost always preceded by thought of danger.
* **Sad**: When we feel sad, there is almost always thought of loss.
* **Angry**: We feel angry, there is almost always a thought of trespass.

This leaves us from the pause and identify what is going on with her negative emotional reaction is out of proportion to the reality of the danger, loss or trespass out there. Then we can modulate our emotional reaction into proportion. This is the essence of cognitive therapy but in a preventative mode.

**140**:

* The key to taking advantage of positive emotions is to regard them as resource builders.
* By knowing how positive emotions work and what they signal, you will learn to become an active participant in capitalizing on the opportunities that come from positive emotions, and find ways to increase the number of instances and duration of positivity, and be a good citizen of your community.
* Feelings work for us in two ways:

1. by drawing attention
2. coordinating a response

**141**:

* **Admiration**: if you feel admiration towards someone, it means you think they did something to display great skill or talent. If you pay attention to this individual you may pick up on how he or she performs that skill. **Your admiration alerts you to the chance to rapidly learning culturally valued skill.**
* **Joy**: if you feel great joy means that you’ve gotten what you desire. Perhaps he received a promotion, had your first child, or simply enjoying the company of good friends at dinner. Joy represents a satisfied state which provides the opportunity for growth that moment, you are not worried about other things, you are feeling safe and open. **Your joy alerts you opportunities for new experiences.**
* **Pride**: if you feel pride, it means that you believe you personally demonstrated some culturally valued skill or talent. **Pride alerts you to your own skills and talents allows you to take credit for them, and sets you up for future successes**.
* **Gratitude**: if you feel gratitude, it means you think that someone has just demonstrated that he or she cared about you is person who will be there for you in the future. **Gratitude marks opportunities to solidify relationships with people who seem to care.**

Cultivate positive experiences because they are the road signs of what is right for you to learn, network, and experience new things.

**145**: it is our ability to reason, plan, and work together that sets us apart from other animals. Human survival depends on our collective abilities, our ability to join together with others in pursuing a goal, not on our individual might. The cohesiveness and social resilience of the group, therefore, matters.

**150**: spiritual order forms the foundation of the human spirit and is comprised of individuals most central values and beliefs purpose and meaning in life, truths about the world, envision realizing one’s full potential and purpose.

* **Self-awareness**: self-awareness involves reflection and introspection to gain insights into life pressing questions. These questions pertain to a identity, purpose, meaning, truth in the world, being authentic, creating a life worth living, and fulfilling one’s potential.
* **Sense of agency**: since of agency refers to the individual’s assumption of responsibility for the continuous journey to develop. This requires people to accept their shortcomings and imperfections and to realize that they are the primary authors of their lives.
* **Self-regulation**: self-regulation among the ability to understand and control one’s emotions thoughts and behavior.
* **Self-motivation**: self-motivation regarding the human spirit entails the expectancy of the individuals have leaves the realization of one’s deepest aspirations.
* **Social awareness**: social awareness refers to the realization that relationships play an important role in the development particularly important is the recognition that other people have the right to hold different values, beliefs, and customs and one must, without giving up one’s beliefs, show others due consideration and openness to alternate viewpoints.

**168**: **Icebergs**:

Icebergs are deeply held beliefs that often lead to an out-of-kilter emotional reaction (such as asking for help is a sign of weakness), and they learned technique for identifying women icebergs rising out of proportion of emotion. Once the icebergs identified, they asked themselves a series of questions to determine:

1. if the iceberg continues to be meaningful to them
2. If the iceberg is accurate in the given situation
3. if the iceberg is overly rigid
4. if the iceberg is useful

**Ice age Descendents.** We are bad weather animals, naturally attracted to the most catastrophic interpretation of a person, since we are descendents of people who survived the icing. Those of our ancestors who planned for the worse survived and passed down their brains and thoughts to us. That created more pessimistic people than not. Sometimes thinking and planning for the very worst is useful; more often, however, is paralyzing and unrealistic, so learning to calibrate catastrophic realistically is a crucial battlefield skill.

**Putting it in perspective: worst case, best case, most likely case.**

**182: Depression:** the skills of enjoying positive emotion, being engaged with the people you care about, having meaning in life, achieving your work goals, and maintaining good relationships are entirely different from the skills of not being depressed, not being anxious, and not being angry.

**189**: we found that people who believe that the causes of setbacks in their lives are temporary, changeable, and local do not become helpless readily in the laboratory. When assailed with inescapable noise in the laboratory or with rejection in love, Inc., it’s going away quickly, I can do something about it, it’s just this one situation. We call them optimists.

**236**: the strength of the marriage is directly a function of how positive the illusion discrepancy is. Spouses with very strong benign illusions about their mates have much better marriages. The mechanism is likely that your spouse knows about your illusions, and he tries to live up to optimism helps love pessimism hurts.

**237**: **History**: history in the hands of the postmodernists is taught as one damn thing after another. I believe that postmodernists are misguided and misguiding. I believe that history is the account of human progress and you have to be blinded by ideology not to see the reality of this progress. As a child of the great depression in the Holocaust, I’m clear eyed about the terrible obstacles that remain. I’m clear right about the fragility of prosperity, and of his billions of human beings who do not yet joined the flowers progress. But it cannot be denied that even in the 20th century, bloodiest of all of our centuries, we defeated fascism and communism, we learn how to feed 6 billion people, and we created universal education and universal medical care. We raised real purchasing power more than fivefold. We extended the life span. We began to curb pollution and care for the plan, and we made huge inroads into racial, sexual, and ethnic injustice. The age of the tyrant is coming to an end, and the age of democracy has taken firmly.

**Flourishing**:

* high positive emotion

plus being high on any three of the following:

* self-esteem
* optimism
* resilience
* vitality
* self-determination
* positive relationships
* achievement

**240**: when individuals flourish, health, productivity, and peace follow.

The mission for positive psychology: by the year 2051, 51% of the people of the world will be flourish. It will be heated by positive education in which teachers and that the principles of well-being into what they teach and that depression and anxiety of the students drop his happiness arises…. It will be ended by positive business in which the goal of commerce will not be solely profit but also better relationships and more meaning. It will be eaten by government being judged by how much increases not just GDP but also the well-being of the governed. It will be aided by positive computing… Happiness turns out to be more contagious and depression, and upward spirals around positive goals will occur.

Nietzche’s Camel and Lion analogy