

# Wheel of Well-being









## keep learning about well-being



### recommended resources

We get lots of requests for our references and ‘where to go’ to learn more about well-being so we thought this would be a good way to share our favourite reads, resources and inspiring organisations with you. They’re in no particular order and make the list for no other reason than that we’ve used them and we think they’re great!

#### Our favourite resources for reading about well-being










-  **Be excellent at anything: the four keys to transforming the way we work and live**  
Tony Schwartz, Jean Gomes & Catherine McCarthy, 2011  
A really practical approach to managing your energy from four perspectives: physically, emotionally, socially and spiritually – both at work and at home.
-  **The Blue Zones: lessons for living longer from the people who’ve lived the longest**  
Dan Buettner, 2010  
Interesting and informative accounts about where in the world people live the longest, happiest lives...and why.
-  **Change the World for a Fiver: we are what we do**  
Anon, 2004  
Clever, colourful, environmentally-perfect and created by London’s own ‘wearewhatwedo’ ...full of inspiring and innovative ideas to prompt us all to think globally, act locally and live happier lives
-  **Flourish: A new understanding of happiness and well-being and how to achieve them**  
Martin E. P. Seligman, 2011  
Ten years on from ‘Authentic Happiness’, Seligman’s new work is both a great source of knowledge about the latest in positive psychology – and an inspiring read.
-  **Finding Flow: The psychology of engagement with everyday life**  
Mihaly Csikszentmihalyi, 1998  
An exploration of the art and science behind one of the key ingredients to happiness – and how you can design your life to use your time more positively
-  **Happier: Can you learn to be happy?**  
Tal Ben-Shahar, 2007  
Highly readable, very personal and seriously practical guide by the teacher of Harvard University’s most popular course. Takes self-help to new heights.
-  **Happiness: The thinking person’s guide**  
Richard O’Connor, 2009  
Written by a psychotherapist with a personal experience of depression – a programme for restructuring your life and rewiring your brain. No quick fixes here but it covers all the territory – with lots of practical advice.
-  **Happiness: Unlocking the mysteries of psychological wealth**  
Ed Diener and Robert Biswas-Diener, 2008  
The world’s leading expert on happiness and his son, the ‘Indiana Jones’ of positive psychology, team up in a practical, science-based guide that covers health, work, relationships, money – and much more.



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-  **Happiness: Lessons from a new science**  
Richard Layard, 2011  
Eminent British economist and founder of 'Action for Happiness' looks at the philosophy, economics, psychology and big questions about happiness – and gives us his views.
-  **The How of Happiness: A practical guide to getting the life you want**  
Sonja Lyubomirsky 2010  
A really practical 'how-to' guide to happiness with advice about how to tailor it to your own personality, needs and goals. From the scientist who's done much of the research into 'what really works'.
-  **Mindfulness: A practical guide to finding peace in a frantic world**  
Mark Williams & Danny Penman, 2011  
Great description & explanation of why we're feeling so frazzled – and what we can do about it. A comprehensive 8 week mindfulness programme including CD of programme meditations
-  **Positivity: Discover the groundbreaking science to release your inner optimist and thrive**  
Barbara Fredrickson, 2010  
The most influential positive psychologist in the world explains her research into emotions, why we all should practice more 'positivity' – and how to do it.
-  **No waste like home**  
Penney Poyzer, 2005  
A colourful, money-saving, health-improving, planet-protecting guide to saving the world – starting with your own home
-  **Positive News**  
<http://www.positivenews.org.uk/>  
4 issues per year for a subscription of £15  
The world's original and leading positive newspaper. Focusing on solutions, it reports on people and initiatives that are creating a sustainable, just and fulfilling world.
-  **Teach your granny to text and other ways to change the world**  
We Are What We Do Community Interest Company, 2008  
Thirty small things, designed by children, to help change the world...by the same gang who brought us the inspired and inspiring 'Change the world for a fiver'
-  **Thanks! how the new science of gratitude can make you happier**  
Robert Emmons, 2007  
By the world's leading expert on gratitude, a clear and practical book full of wisdom and inspiration about how to make the world a better place!
-  **Wherever You Go, There You are: Mindfulness Meditation for Everyday Life**  
Jon Kabat-Zinn, 2004  
From the guy who started it all – the Western world's authority on mindful meditation.



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### **Happiness by Design: Finding pleasure and purpose in everyday life**

Paul Dolan, 2015

Stuck in a rut? Imprisoned by habit? This book offers insights into how to be happy and when to make a major life change



### **Spark! How exercise will improve the performance of your brain**

John J Ratey, 2010

We all know that exercise is good for the body. But did you know that it can transform your mind? This new scientific revolution will teach you how to boost brain cells, protect yourself against mental illness and dementia, and ensure success in exams and the workplace



### **Sport and Physical Activity for Mental Health**

David Carless, 2010

This book offers readers detailed recommendations, suggestions, and ideas as to how sport and physical activity opportunities can be tailored to provide the greatest mental health benefits.



### **Your brain on Nature**

Eva Selhub & Alan Logan, 2013

The science of Nature's influence on your health, happiness and vitality

## Our favourite websites to learn about well-being



**Happy planet index** <http://www.happyplanetindex.org/>



**Random acts of kindness** <http://www.randomactsofkindness.org/>  
inspirational ideas



**We are what we do** <http://wearewhatwedo.org/>  
the organisation behind 'teach your granny to text' and 'change the world for a fiver'



**The world needs more love letters** <http://www.moreloveletters.com/>  
just take a look!

## Our favourite UK organisations for improving well-being



**Action for Happiness** <http://www.actionforhappiness.org/>  
join your local group – or if you want to really do-it-yourself ...set up your own!



**The Reader Organisation** <http://www.thereader.org.uk>  
the best way to connect – join a one of their Get into Reading groups - they're sprouting up all over the UK



**nef (the new economics foundation)** <http://www.neweconomics.org>  
think-tank doing loads of inspirational work on well-being



**Shinetime** <http://shinetime.co.uk/>  
making us laugh since 2005




**uscreates** <http://www.uscreates.com/>  
our brilliant wheel of well-being design team & social change experts



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 **The Young Foundation** <http://youngfoundation.org/>  
think-tank doing great work using the wheel of well-being as part of 'the U' project

### Our favourite places to learn about well-being

#### **Action for Happiness**

<http://www.actionforhappiness.org/>

sign up quick – they run regular events with great speakers in London

#### **Authentic Happiness**

<http://www.authentichappiness.sas.upenn.edu>

Martin Seligman's homepage is a feast of positive psychology

#### **The Happiness Formula**

[http://news.bbc.co.uk/1/hi/programmes/happiness\\_formula/default.stm](http://news.bbc.co.uk/1/hi/programmes/happiness_formula/default.stm)

the BBC's TV series still makes very useful viewing

#### **Centre for Confidence and Well-being**

<http://www.centreforconfidence.co.uk/>

Glasgow-based source for excellent info and resources on all aspects of well-being

#### **The energy project**

<http://www.theenergyproject.com/>

especially great if you're interested in well-being at work

#### **Positive Psychology Centre**

<http://www.ppc.sas.upenn.edu/>

the university of pennsylvania leads the world – and the info here proves it!

#### **TED studies: Understanding happiness**

<http://eu.wiley.com/WileyCDA/Section/id-814228.html>

a great on-line series of TED talks and supporting study materials

#### **The School of Life**

<http://www.theschooloflife.com/>

short courses and Sunday sermons that inspire Londoners

#### **University of East London**

<http://www.uel.ac.uk/postgraduate/specs/positivepsychology/>

Masters in Applied Positive Psychology

