

## Good Books to read: Positive Mindset and Positive Education

### 參考書籍

1. 真實的快樂                      Authentic Happiness
2. 邁向圓滿：掌握幸福的科學方法與練習計劃                      Flourish
3. 成長性思維學習指南                      The Growth Mindset Coach
4. 喜樂工程：以正向心理學打造幸福人生
5. 學習樂觀·樂觀學習
6. 你的桶子有多滿？
7. 張開耳朵，用對方法
8. 活出最樂觀的自己                      Learned optimism
9. 積極情緒的力量                      Positivity
10. 正向心理學：生活、工作教訓的實用
11. 正向心理學：在學校教育的應用
12. 專念學習力                      打破扼殺創造力的學習神話
13. 寫給教育者的積極心理學
14. 正向教養這樣教
15. 6A 的力量
16. 持續的幸福                      讓孩子受用一生的幸福經典(經典版)

### Reference Books

1. Authentic Happiness: using the new positive psychology to realize your potential for lasting fulfillment
2. Positive Education
3. How to Change Your Mind and Your Life
4. Flourish: a visionary new understanding of happiness and well-being
5. Positive Psychology in a nutshell
6. Soul keeping: caring for the most important part of you
7. The secret of happy children why children behave the way they do – and what you can do to help them to be optimistic, loving, capable and happy
8. How children succeed grit, curiosity, and the hidden power of character
9. The optimistic child
10. Positive psychology in the elementary school classroom
11. Unleashing the positive power of differences polarity thinking in our schools
12. Personal well-being lessons for secondary schools positive psychology in action for 11 to 14 year olds