



Relationship and Positivity Resources

Books

Conscious Loving: The Journey to Co-Commitment, by Gay and Kathlyn Hendricks. Part of the conscious relationship canon.

Getting the Love You Want, by Harville Hendrix. A classic.

Love 2.0: Finding Health and Happiness in Moments of Connection, by Barbara Fredrickson. An accessible and insightful book by a leading positive-psychology academic.

Love and the More Perfect Union, by Carl Frankel. I give it five stars. Short, with an emphasis on positivity and the 'continuum of connection.'

Passionate Marriage, by David Schnarch. A provocative work on relationship as a "people-making engine."

The New Rules of Marriage: What You Need to Know to Make Love Work, by Terrence Real. Interesting insights from a leading couples therapist.

Why Marriages Succeed or Fail ... and How You Can Make Yours Last, by John Gottman. By the foremost relationship researcher in the country, and an ode to positivity.

Websites

<http://www.happify.com>. Yes, it's come to this—a website on the science of happiness.

<http://www.positivepsychology.org/publications.htm>. Readings in psychology from the University of Pennsylvania's Positive Psychology Center.