

CURRICULUM VITA

Robert A. Emmons

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EDUCATION

University of Southern Maine, Portland	B.A. 1980 in Psychology
University of Illinois at Urbana-Champaign	M.A. 1984 in Personality Psychology
University of Illinois at Urbana-Champaign	Ph.D. 1986 in Personality Psychology
	Minor: Clinical Psychology
	Dissertation: Personal Strivings: An Approach to Personality and Subjective Well-Being

EMPLOYMENT HISTORY

1986-1988	Assistant Professor of Psychology, Michigan State University
1988-1990	Assistant Professor of Psychology, University of California, Davis
1990-1996	Associate Professor of Psychology, University of California, Davis
1996-	Professor of Psychology, University of California, Davis

AWARDS

2008	Henry A. Murray Award, APA Division 8
2010	William James Award, APA Division 36
2015	Book of the Year Award for <i>Thanks!</i> by the Martin Institute for Christianity and Culture and the Dallas Willard Center for Christian Spiritual Formation at Westmont College, Santa Barbara, California
2017	Fellow, International Positive Psychology Association

GRANTS AWARDED

- 2020-2022 *Gratitude to God, Phase 2: Psychological, Philosophical, and Theological Investigations*. Total award: \$4.1M. Sponsor: The John Templeton Foundation. (co-PD with Peter Hill, Biola University).
- 2018-2019 *Kindling the Science of Joy: Conceptualizing and Measuring Joy*. Total award: \$235,000. Sponsor: The John Templeton Foundation.
- 2017-2018 *Positive Psychology of the Good Life*. \$20,000 grant award in Comparative Research in Ethics and Religion as part of the Yale University Center for Faith and Culture's (YCFC) Theology of Joy and the Good Life (with Roxanne Rashedi).
- 2017-2018 *Developing a Measure of Joy: Theological and Psychological Investigations*. \$25,000 grant for Research on Joy and the Good life, funded by the Center for Faith and Culture at Yale University.
- 2017–2018 *Gratitude to God, Planning Phase: Psychological, Philosophical, and Theological Investigations*. Total award: \$227,017. Sponsor: The John Templeton Foundation.
- 2015-2017 *Project Amazing Grace: Understanding the Nature of Divine Grace, Phase I*. Subcontract with Peter Hill, Biola University. Total award: \$214, 075. Sponsor: The John Templeton Foundation. UCD subcontract: \$95,698
- 2013-2015 *Landmark Spirituality and Health Survey*, Subcontract with University of Michigan, Neal Krause, PI. Total award: \$8,028,154. Sponsor: The John Templeton Foundation. UCD Subcontract: \$224,712.
- 2012-2014 *Expanding the Science and Practice of Gratitude*, The John Templeton Foundation, \$5,634,036
- 2006-2009 *Young Life and Adolescent Spiritual Fruit Formation*, The John Templeton Foundation, \$905,000 (with Justin Barrett, subcontract to Oxford University)
- 2004-06 *The New Science of Gratitude* (book project), The John Templeton Foundation, \$75,000.
- 2002-2004 *The Gift of One's Self: Expressions of Unlimited Love and Gratitude in Organ Donors and Recipients*, \$99,202 (with Stefanie Gray-Greiner). The Institute for Research on Unlimited Love
- 1999-2003 *Perspectives and Dimensions of Gratitude*, John Templeton Foundation

\$363,000 (with Michael E. McCullough, Southern Methodist University)

- 1998-2003 *Role of Personal Strivings in the Community Integration of Individuals With Neuromuscular Disorders*, National Institute for Disability Research and Rehabilitation \$93,341 direct costs (core project as part of the Department of Physical Medicine and Rehabilitation RRTC, UCD Medical School)
- 1997-1999 *Development and Validation of a Measure of Personal Spirituality*, John Templeton Foundation, \$105,356.
- 1991-92 *Ambivalence Over Expressing Emotion* National Institute of Mental Health, \$25,000.
- 1988-96 University of California, Academic Senate Faculty Research Grants (ave. \$3000/year).

MEMBERSHIPS

American Psychological Association
American Psychological Society
Society for the Scientific Study of Religion
Society for Personality and Social Psychology
International Society for Quality of Life Studies (Fellow)
International Network for the Study of Personal Meaning
International Positive Psychology Association
APA, Division 36 (President, 2003-2004)

PROFESSIONAL SERVICE

Editorial activities:

- 2005- Editor-in-Chief, *The Journal of Positive Psychology*
- 1986-1988 Consulting Editor, *Journal of Personality and Social Psychology*
- 1987-1991 Editorial Board, *Journal of Personality*
- 1999- Editorial Consultant, *International Journal for the Psychology of Religion*
- 1995 Guest Editor, *Journal of Personality* special issue Levels and Domains in Personality (with D.P. McAdams)
- 1999 Guest Editor, *Journal of Personality* special issue Religion in the Psychology of Personality (with M.E. McCullough)
- 2000-2002 Associate Editor, *Journal of Personality and Social Psychology- Personality and Individual Differences*

Reviewer:

Journals: Journal of Personality and Social Psychology, Journal of Personality, Personality and Social Psychology Bulletin, Journal of Research in Personality, Psychology and Aging, International Journal for the Psychology of Religion, Psychological Bulletin, Journal of Abnormal Psychology, European Journal of Personality, Journal of Personality Assessment, Journal of Creative Behavior, Psychological Inquiry, Personality and Social Psychology Review, Social Indicators Research, Journal for the Scientific Study of Religion, Motivation and Emotion, Journal of Social and Clinical Psychology, Journal of Social and Personal Relationships, Review of General Psychology, American Psychologist, Health Psychology, Developmental Psychology, Applied Developmental Science

Organizations: John M. Templeton Foundation, National Science Foundation, Social Sciences and Humanities Research Council of Canada, McGill University, Fielding Institute, Fetzer Institute, Yale Center for Faith and Culture, Thrive Center (Fuller Seminary)

Publishers: Guilford Press, Allyn & Bacon, InterVarsity Press, Brooks-Cole, Oxford University Press, American Psychological Association, Brazos Press.

Offices: Chair, 1999 APA Program Committee (Division 36: Psychology of Religion)
Member-At-Large, APA Division 36, 1999-2001, President, APA Division 36 (2003-2004)

Consulting: John M. Templeton Foundation, Board of Advisors (1999-2006; 2014- 2017); Yale Center for Faith and Culture, Theology of Joy project (2014-); Baylor University, Institute for Studies of Religion (2006-); Biola University, Rosemead School of Psychology, Institute for Research on Psychology and Spirituality (2000-); Duke University, Center for Spirituality, Health and Aging (2003-)

ACADEMIC SERVICE

University

Human Subjects Review Committee (Chair), Committee on Educational Policy, Chancellor's Advisory Committee, Faculty Mentor--Murals Program (research for minority students), Distinguished Teaching Award Committee, Institutional Review Board, Human Development Graduate Group, Campus Community Book project Committee, Faculty Athletics Mentor, Reviewer, Limited Submissions program.

Departmental

Faculty Search Committees, Chair of Undergraduate and Graduate Curriculum Committees, Research Support and Equipment Committees, Graduate Advising Committee, Representative Assembly of the Academic Senate, Chair, Human Subjects

Review Committee, Personality and Social Psychology Graduate Group, Faculty
Presenter, Commencement Ceremonies.

RESEARCH INTERESTS

The psychology of gratitude; personal goals, motivation, and psychological well-being; personality and religion/spirituality; psychology of joy and grace; personality and virtue. See my UC Davis home page <http://psychology.ucdavis.edu/people/raemmons> for additional information.

PUBLICATIONS

Books

Emmons, R.A. (2016). *The Little Book of Gratitude*. London: Gaia.

Emmons, R.A. (2013). *Gratitude Works! A Twenty-One Day Program for Creating Emotional Prosperity*. San Francisco, CA: Jossey-Bass.

Emmons, R.A. (2007). *THANKS! How the New Science of Gratitude Can Make You Happier*. Boston, MA: Houghton-Mifflin. (reprinted in paperback titled *THANKS! How Practicing Gratitude Can Make You Happier*: New York: Mariner Books, 2008). 14 foreign translations.

Emmons, R.A. (1999). *The psychology of ultimate concerns: Motivation and spirituality in personality*. New York: The Guilford Press.

Emmons, R.A., & McCullough, M.E. (Eds.). (2004) *The psychology of gratitude*. New York: Oxford University Press.

Emmons, R.A. & Hill, J. (2001). *Words of gratitude for mind, body, and soul*. Radnor, PA: Templeton Foundation Press.

Rabin, A.I., Zucker, R.A., Emmons, R.A., & Frank, S. (Eds.). (1990). *Studying persons and lives*. New York: Springer Publishing Company.

Edited Journal Issues

Schnitker, S., & Emmons, R.A. (2017). The Psychology of Virtue: Integrating Positive Psychology and the Psychology of Religion. *Psychology of Religion and Spirituality*.

McAdams, D.P., & Emmons, R.A. (Eds) (1995). Levels and Domains in Personality. *Journal of Personality*, Volume 63 (3).

Emmons, R.A., & McCullough, M.E. (Eds.) (1999). Religion in the Psychology of Personality. *Journal of Personality*, Volume 67 (6).

Chapters and journal articles

In press

- Emmons, R.A. (in press). Joy: An introduction. In B. Velick, *Images of Joy*. San Francisco, CA: Chronicle Books.
- Emmons, R.A. (in press). Gratitude and ingratitude. In S. Porter (Ed.), *Psychology and spiritual formation*. Downers Grove, IL: InterVarsity Press.
- Froh, J.J, Emmons, R.A., & Rose, R. (in press). Gratitude. In M. Gallagher (Ed.), *Handbook of Positive Psychology Assessment*, 3rd edition. Washington, DC: APA Press.
- Schnitker, S. A., & Emmons, R. A. (in press). Personality and religion. In O. P. John & R. W. Robins (Eds.), *Handbook of Personality* (4rd Ed, pp.xxx-xxx). New York: The Guilford Press.
- Watkins, P.C., & Emmons, R.A. (in press). Joy is a distinct positive emotion. *The Journal of Positive Psychology*, in press.

2017

- Emmons, R.A., Hill, P.C., Barrett, J.L., & Kopic, K.M. (2017). Psychological and theological perspectives on grace and its relevance for science and practice. *Psychology of Religion and Spirituality*, 9, 276-284.
- Krause, N., Ironson, G., Emmons, R.A., Pargament, K.I., & Hill, P.C. (2017). Assessing the relationship between religious involvement and health behaviors. *Health Education and Behavior*, 44, 278-284.
- Krause, N., Emmons, R.A., Ironson, G., & Hill, P.C. (2017). General feelings of gratitude, gratitude to God, and hemoglobin A1c: Exploring variations by gender. *The Journal of Positive Psychology*, 12, 639-650.
- Schnitker, S., & Emmons, R.A. (2017). The psychology of virtue: Integrating Positive Psychology and the Psychology of Religion [Editorial introduction for special issue]. *Psychology of Religion and Spirituality*, 9, 239-241.

2016

- Emmons, R. A. (2016). Is gratitude queen of the virtues and ingratitude king of the vices? In D. Carr (Ed.) *Perspectives on gratitude: An interdisciplinary approach* (pp. 141-153). New York: Routledge.
- Hayward, R.D., Krause, N., Ironson, G, Hill, P.C., & Emmons, R.A. (2016). Health and well-being among the non-religious: Atheists, agnostics, and no preference compared with religious group members. *Journal of Religion and Health*, 55, 1024-1037.
- Krause, N., Hill, P.C. Emmons, R.A., Pargament, K.I., & Ironson, G. (2016). Assessing the Relationship Between Religious Involvement and Health Behaviors. *Health Education & Behavior*, 44, 278-284.
- Wood, A.M., Emmons, R.A., Algoe, S.B., Froh, J.J., Lambert, N.M., & Watkins, P. (2016). A dark side of gratitude? Distinguishing between beneficial gratitude and its harmful impostors

for the positive clinical psychology of gratitude and well-being. In A.M. Wood & J. Johnson (Eds.), *The Wiley handbook of positive clinical psychology* (pp. 137-151). New York: Wiley.

2015

Krause, N., Emmons, R. A. & Ironson, G. (2015). Benevolent images of God, gratitude, and physical health status. *Journal of Religion and Health, 54*, 1503-1519.

2014

Emmons, R.A. (2014). Why a positive psychology of gratitude needs original sin. *Christian Psychology: A Transdisciplinary Journal, 8*. 16-20.

Froh, J.J., Bono, G., & Emmons, R.A. (2014). Nice thinking! An educational intervention that teaches children to think gratefully. *School Psychology Review, 43*, 132-152.

Lamas, T., Froh, J.J., Emmons, R.A., Mishra, A., & Bono, G. (2014). Gratitude interventions: A review and future agenda. In Parks, A. C. & Schueller, S. M. (Eds.), *The Wiley Blackwell handbook of positive psychological interventions* (pp. 3-19). New York: Wiley-Blackwell.

Schnitker, S. A., Felke, T. J., Barrett, J. L., & Emmons, R. A. (2014). Longitudinal study of religious and spiritual transformation in adolescents attending Young Life summer camp: Assessing the epistemic, intrapsychic, and moral sociability functions of conversion. *Psychology of Religion and Spirituality, 6*, 83-93.

Schnitker, S. A., Felke, T. J., Barrett, J. L., & Emmons, R. A. (2014). Virtue development following spiritual transformation in adolescents attending evangelistic summer camp. *Journal of Psychology and Christianity, 33*, 22-35.

2013

Schnitker, S., & Emmons, R.A. (2013). Spiritual striving and seeking the sacred: Religion as meaningful goal-directed behavior. *International Journal for the Psychology of Religion 23*, 315-324.

Emmons, R.A., & Stern, R. (2013). Gratitude as a psychotherapeutic intervention. *Journal of Clinical Psychology: In session, 69*, 846-855.

Emmons, R.A., & Schnitker, S.A. (2013). Gods and goals: Purpose in the psychology of religion and spirituality. In R.F. Paloutzian & C.L. Park (Eds.), *Handbook of the psychology of religion and spirituality* (2nd Ed.) (pp. 256-273). New York: Guilford.

Davis, D., Worthington, E.L., Hook, J.N., Emmons, R.A., & Hill, P.C. (2013). Humility and the development and repair of social bonds: Two longitudinal studies. *Self and Identity, 12*, 58-77.

Emmons, R.A. (2013). Humility, the modest strength. In J. Froh and A. Parks (Eds), *Activities for teaching positive psychology: A guide for instructor*, pp. 19-22. Washington, DC, US: American Psychological Association.

2012

Emmons, R.A., & Mishra, A. (2012). Gratitude. In T. Plante (Ed.), *Religion, spirituality, and*

positive psychology: Understanding the psychological fruits of faith (pp. 9-29). Santa Barbara, CA: Praeger.

Schnitker, S., Porter, T.J., Emmons, R.A., & Barrett, J.L. (2012). Attachment predicts adolescent conversions at Young Life religious summer camps. *International Journal for the Psychology of Religion*, 22, 198-215.

2011

Davis, D., Hook, J., Worthington, E., & Emmons, R.A. (2011). Relational humility: Conceptualizing and measuring humility as a personality judgment. *Journal of Personality Assessment*, 93, 225-234.

Emmons, R.A., & Mishra, A. (2011). Why gratitude enhances well-being: What we know, what we need to know. In Sheldon, K., Kashdan, T., & Steger, M.F. (Eds.) *Designing the future of positive psychology: Taking stock and moving forward*. New York: Oxford University Press.

Froh, J. J., Fan, J., Emmons, R. A., Bono, G., Huebner, E. S., & Watkins, P. (2011). Measuring gratitude in youth: Assessing the psychometric properties of adult gratitude scales in children and adolescents. *Psychological Assessment*, 23, 311-324.

Schnitker, S.A., & Emmons, R.A. (2011). Positive psychology. In P. Brugger, A. Runehov, PH. Duran, & R.F. Paloutzian (Eds.), *Encyclopedia of sciences and religions*. New York: Springer.

2010

Froh, J.J., Emmons, R.A. Card, N.A., Bono, G. & Wilson, J.A. (2010). Gratitude and the reduced costs of materialism in adolescents. *Journal of Happiness Studies*, 12, 289-312.

Froh, J.J., Bono, G., & Emmons, R.A. (2010). Being grateful is beyond good manners: Gratitude and motivation to contribute to society among early adolescents. *Motivation and Emotion*, 34, 144-157.

2009

Emmons, R.A. (2009). Greatest of the virtues? Gratitude and the grateful personality. In D. Narvaez and D. Lapsley (Eds.), *Personality, identity and character: Explorations in moral psychology* (pp. 256-270). New York: Cambridge University Press.

Farhadian, C., & Emmons, R.A. (2009). The psychology of forgiveness and religions. In A. Kalayjiain & R.F. Paloutzian (Eds.). *Forgiveness and reconciliation: Psychological pathways to conflict transformation and peace building* (pp. 55-70). New York: Springer.

Emmons, R.A. (2009). Religion, psychology of. In D. Matsumoto (Ed.). *Cambridge Dictionary of Psychology* (p. 438). New York: Cambridge University Press.

Emmons, R.A. (2009). Gratitude. In D. Sander & K. R. Scherer, Eds., *Oxford Companion to the Affective Sciences* (p. 198). New York: Oxford University Press.

Emmons, R.A. (2009). *Gratitude*. In S.J. Lopez & A. Beauchamp (Eds.), *Encyclopedia of Positive Psychology*. (pp. 442-447). New York: Oxford University Press.

Emmons, R.A. (2009). The John Templeton Foundation. In S.J. Lopez & A. Beauchamp (Eds.), *Encyclopedia of Positive Psychology* (pp. 988-990). New York: Oxford University Press.

Emmons, R.A. (2009). Gratitude. In H. Reis (Ed.), *Encyclopedia of human relationships*. Thousand Oaks, CA: Sage Publications.

2008

Emmons, R.A., Barrett, J.L., & Schnitker, S.A. (2008). Religion and personality. In R. Robins, O.P. John, & L.A. Pervin (Eds.), *Handbook of Personality* (3rd Ed.) (pp. 634-653). New York: Guilford Press.

Emmons, R.A. (2008). Gratitude, subjective well-being, and the brain. In R.J. Larsen & M. Eid (Eds.), *The Science of Subjective Well-Being*. (pp. 469-489). New York: The Guilford Press.

Froh, J., Sefick, W.J., & Emmons, R.A. (2008). Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being. *Journal of School Psychology*.46, 213-233.

Emmons, R.A. (2008). Gratitude: The science and spirit of thankfulness. In *Measuring the immeasurable: The scientific case for spirituality* (pp. 121-134). Boulder, CO: Sounds True.

2007

Schnitker, S. A. & Emmons, R.A. (2007). Patience as a virtue: Religious and psychological perspectives. *Research in the Social Scientific Study of Religion*, 18, 177-206.

Emmons, R.A. (2007). Gratitude, subjective well-being, and the brain. In R.J. Larsen & M. Eid (Eds.), *The Science of Subjective Well-Being*. New York: The Guilford Press.

Emmons, R.A. (2007). Purposeful action and striving for the sacred. *Psyke og logos*, 28, 794-804.

Emmons, R.A. (2007). Pay it forward: A symposium on gratitude. *Greater Good*, 4, 12-15.

2006

Emmons, R.A., & McNamara, P. (2006). Sacred emotions and affective neuroscience: Gratitude, costly-signaling, and the brain. In P. McNamara (Ed.), *Where God and man meet: How the brain and evolutionary sciences are revolutionizing our understanding of religion and spirituality* (Vol. 1, pp. 11-30). Westport, CT: Praeger.

Emmons, R.A. (2006). Sacred emotions. In K. Bulkeley (Ed.). *Soul, psyche, and brain: New directions in the study of religion and brain-mind science* (pp. 93-112). New York: Palgrave Macmillan.

Emmons, R.A. (2006). Spirituality: Recent progress. In M. Csikszentmihalyi (Ed.), *A life worth Living: Contributions to positive psychology* (pp. 62-84). New York: Oxford University Press.

Kneezel, T., & Emmons, R.A. (2006). Personality and spiritual development. in P.L.

Benson, Roehlkepartain, E.C., King, P.E., & Wagener, L. (Eds.), *The Handbook of Spiritual Development in Childhood and Adolescence* (pp. 266-278). Thousand Oaks, CA: Sage Publications.

2005

- Emmons, R.A. (2005). Striving for the sacred: Personal goals, life meaning, and religion. *Journal of Social Issues, 61*, 731-746.
- Emmons, R.A. (2005). Emotion and religion. In R.F. Paloutzian & C. L. Park (Eds.), *The handbook of the psychology of religion* (pp. 235-252). New York: Guilford.
- Emmons, R.A. (2005). Giving thanks: Psychological research on gratitude and praise. In Harper, C.L., Jr. (Ed.). *Spiritual information: 100 perspectives* (pp. 451-456). Philadelphia, PA: Templeton Foundation Press.
- Emmons, R.A., & Kneezel, T. (2005). Giving thanks: Spiritual and religious correlates of gratitude. *Journal of Psychology and Christianity, 24*, 140-148.

2004

- Bono, G., Emmons, R.A., & McCullough, M.E. (2004). Gratitude in practice and the practice of gratitude. In P. A. Linley and S. Joseph (Eds.), *Positive Psychology In Practice* (pp. 464-481). New York: Wiley.
- Emmons, R.A. (2004). Gratitude. In M.E.P. Seligman & C. Peterson (Eds.), *The VIA taxonomy of human strengths and virtues*. New York: Oxford University Press.
- Emmons, R.A. (2004). The psychology of gratitude: An introduction. In R.A. Emmons & M.E. McCullough, M.E. (Eds.) *The psychology of gratitude* (pp. 3-16) New York: Oxford University Press.
- McCullough, M.E., Tsang, J.T., & Emmons, R.A. (2004). Gratitude in intermediate affective terrain. *Journal of Personality and Social Psychology, 86*, 295-309.
- McCullough, M. E., Emmons, R.A., Kilpatrick, S., & Mooney, C. (2004). Narcissists as "victims": The role of narcissism in the perception of transgressions. *Personality and Social Psychology Bulletin, 29*, 885-893.

2003

- Emmons, R.A., & Paloutzian, R.F. (2003). The psychology of religion. *Annual Review of Psychology, 54*, 377-402.
- Emmons, R.A. (2003). Acts of gratitude in organizations. In K. S. Cameron, J. E. Dutton, & R. E. Quinn (Eds.), *Positive organizational scholarship* (pp. 81-93). San Francisco: Berrett-Koehler Publishers.
- Emmons, R.A. (2003). Personal goals, life meaning, and virtue: Wellsprings of a positive life. In C.L.M. Keyes (Ed.), *Flourishing: The positive person and the good life* (pp. 105-128). Washington, DC: American Psychological Association.

Emmons, R.A. (2003). Spiritual striving and the unification of personality. *Streams of William James*, 5, 21-24.

Emmons, R.A., & McCullough, M.E. (2003). Counting blessings versus burdens: Experimental studies of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84, 377-389.

Emmons, R.A., McCullough, M.E., & Tsang, J. (2003). The measurement of gratitude. In S. Lopez & C.R. Snyder (Eds.), *Handbook of positive psychology assessment* (pp. 327-341). Washington, DC: American Psychological Association.

Paloutzian, R.F., Emmons, R.A., & Keortge, S.G. (2003). Spiritual well-being, spiritual intelligence, and healthy workplace policy. In R. A. Giacalone & C. L. Jurkiewicz (Eds.), *Handbook of Workplace Spirituality and Organizational Performance* (pp. 123-136). Armonk, NY: M. E. Sharpe.

2002

McCullough, M.E., Emmons, R.A., & Tsang, J. (2002). The grateful disposition: A conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82, 112-127.

Emmons, R.A. & Shelton, C.S. (2002). Gratitude and the science of positive psychology. In C.R. Snyder and S.J. Lopez (Eds.), *Handbook of positive psychology* (pp. 459-471). New York: Oxford University Press.

2001

Emmons, R.A. (2001). Gratitude and mind-body health. *Spirituality and Medicine Connection*, 5, 1-7.

McCullough, M.E., Kirkpatrick, S., Emmons, R.A., & Larson, D. (2001). Is gratitude a moral affect? *Psychological Bulletin*, 127, 249-266.

2000

King, L.A., & Emmons, R.A. (2000). Assessment of motivation. In A.E. Kazdin (Ed.), *Encyclopedia of Psychology* (Vol. 5, pp. 320-324). New York: Oxford University Press.

Emmons, R.A., & Crumpler, C.A. (2000). Gratitude as a human strength: Appraising the evidence. *Journal of Social and Clinical Psychology*, 19, 56-69.

Emmons, R.A. (2000). Spirituality and intelligence: Problems and prospects. *International Journal for the Psychology of Religion*, 10, 57-64.

Emmons, R.A. (2000). Is spirituality an intelligence? Motivation, cognition, and the psychology of ultimate concern. *International Journal for the Psychology of Religion*, 10, 3-26.

Emmons, R.A. (2000). Personality and forgiveness. In M. E. McCullough, K. I. Pargament, & C. E. Thoresen (Eds.), *The frontiers of forgiving: Conceptual, empirical, and clinical perspectives* (pp. 156-175). New York: The Guilford Press.

1999

- Emmons, R.A. (1999). Religion in the psychology of personality: An introduction. *Journal of Personality, 67*, 873-888.
- Emmons, R.A., & Crumpler, C.A. (1999). Religion and spirituality? The roles of sanctification and the concept of God. *International Journal for the Psychology of Religion, 9*, 17-24.

1998

- Emmons, R.A., Cheung, C., & Tehrani, K. (1998). Assessing spirituality through personal goals: Implications for research on religion and subjective well-being. *Social Indicators Research, 45*, 391-422.
- Emmons, R.A. (1998). Religion and personality. In H.G. Koenig (Ed.), *Handbook of religion and mental health* (pp. 63-74). San Diego, CA: Academic Press.
- Emmons, R.A. (1998). A systems framework or systems frameworks? *Psychological Inquiry, 9*, 148-150.
- Emmons, R.A., Colby, P.M., & Kaiser, H.A. (1998). When losses lead to gains: Personal goals and the recovery of meaning. In P.T.P. Wong & P.S. Fry (Eds.), *The human quest for meaning* (pp. 163-178). Mahwah, NJ: Erlbaum.

1997

- Colby, P.M., & Emmons, R.A. (1997). Emotional styles as predictors of social support: Links to perceived, requested, and observer reports of support. In G.R. Pierce, I.G. Sarason, and B. Sarason (Eds.), *Sourcebook of theory and research on social support and personality* (pp. 445- 471). New York: Plenum.
- Emmons, R.A. (1997). Motives and life goals. In S. Briggs, R. Hogan, and J.A. Johnson (Eds.), *Handbook of personality psychology* (pp. 485-512). San Diego, CA: Academic Press.

1996

- Emmons, R.A. (1996). Striving and feeling: Personal goals and subjective well-being. In J. Bargh & P. Gollwitzer (Eds.), *The psychology of action: Linking motivation and cognition to behavior* (pp. 314-337). New York: Guilford.

1995

- Emmons, R.A. (1995). Levels and domains in personality. *Journal of Personality, 63*, 341-364.
- Emmons, R. A., & Colby, P.M. (1995). Emotional conflict and well-being: Relation to perceived availability, daily utilization, and observer reports of social support. *Journal of Personality and Social Psychology, 68*, 947-959.
- Emmons, R.A., & Kaiser, H. (1995). Goal orientation and emotional well-being: Linking goals and affect through the self. In A. Tesser & L. Martin (Eds.), *Goals and affect* (pp. 79-98).

New York: Plenum.

Ferrari, J.R., & Emmons, R.A. (1995). Methods of procrastination and their relation to self-control and self-reinforcement. *Journal of Social Behavior and Personality, 10*, 1-8.

Ferrari, J.R., & Emmons, R.A. (1995). Procrastination as revenge: Do people report using delays as a strategy for revenge? *Personality and Individual Differences, 15*, 539-544.

Sheldon, K., & Emmons, R. A. (1995). Personal striving differentiation and integration. *Personality and Individual Differences, 18*, 39-46.

1993

Emmons, R.A. (1993). Current status of the motive concept. In R. Wolfe, R. Hogan, & K. Craik (Eds.), *Fifty years of personality psychology* (pp. 187-196). New York: Plenum Press.

Emmons, R.A., King, L.A., & Sheldon, K. (1993). Goal conflict and the self-regulation of action. In D.M. Wegner & J.W. Pennebaker (Eds.), *Handbook of Mental Control* (pp. 528-551). Englewood Cliffs, NJ: Prentice-Hall.

1992

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Reviews

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[Review of *Authentic Happiness*, by Martin E.P. Seligman.]

Emmons, R.A. (2001). Measures of religiosity. *Journal for the Scientific Study of Religion*.
[Review of *Measures of Religiosity*, by P.C Hill and R. W. Hood Jr.]

Emmons, R.A. (1997). Uniting the self. *Contemporary Psychology*, 42, 396-397.
[Review of *The Remembered Self*, by J.A. Singer and P. Salovey]

Emmons, R.A., & Chow, D. (1994). Happiness is everything, or is it? *Contemporary Psychology*, 39, 902-904. [Review of *The Pursuit of Happiness*, by D.G. Myers]

Emmons, R.A. (1989). The big three, the big four, or the big five? *Contemporary Psychology*, 34, 644-646. [Review of 3 personality textbooks]

INVITED ADDRESSES AND PRESENTATIONS

1. 2003 Emmons, R.A. The religious affection of gratitude. Invited address, Mid-Winter research conference on Religion and Spirituality, Loyola College. Maryland. March.
2. 2003 Emmons, R.A. Gratitude: The heart of the gospel and the heart of well-being. Keynote address: Christian Association for Psychological Studies. Anaheim, CA. June.
3. 2004 Emmons, R.A. The significance of sacred purposes. Invited address, Mid-winter research conference on Religion and Spirituality, Loyola University. Maryland. March.
4. 2004 Emmons, R.A. Sacred purposes: What they are and why they matter. Presidential address, Division 36, American Psychological Association, Honolulu, Hawaii. July.
5. 2004 Emmons, R.A. *Gratitude, materialism, and well-being*. Presented at the annual International Society for Quality of Life Studies conference, Philadelphia, November.
6. 2005 Emmons, R.A. *A View From the Other Side: The Psychology and Spirituality of Ingratitude*. Invited address, Division 36 mid-year research Conference on Religion and Spirituality, Loyola University Maryland, March.
7. 2005 Emmons, R.A. *Sacred Emotions and Affective Neuroscience*. Invited talk at a symposium entitled "Integrative Themes in the Current Science of Psychology of Religion" at the Annual Convention of the American Psychological Association, Washington, DC, August.

8. 2005 Emmons, R.A. *Mindfulness, Selflessness, and Meaningfulness in Hope and Gratitude*. Presentation at a symposium entitled "Hope and gratitude as the emotional pillars of positive psychology at the Annual Convention of the American Psychological Association, Washington, DC, August.
9. 2005 Emmons, R.A. *Gratitude, stress, and the legacy of Hans Selye*. Invite talk at the 7th International Summit on Positive Psychology, Gallup International, Washington DC, September.
10. 2005 Emmons, R.A. *Gratitude as a Way of Life: Insights from the Science of Well-Being*. Invited address, Kaiser-Permanente Symposium on Prevention and Self-Care, Anaheim, CA, December.
11. 2006 Emmons, R.A. *Purpose and positive youth development*. Talk presented at public symposium at the Stanford Center on Adolescence, Stanford, CA, May.
12. 2006 Emmons, R.A. *Does Gratitude Motivate Moral Action?* Invited presentation at the Notre Dame Symposium on Moral Personality, October.
13. 2007 Emmons, R.A. *Gods, Gratitude, and Giving: Beyond Reciprocity*. Talk presented at the Evolution and Religion conference, Makaha, Hawaii, January.
14. 2007 Emmons, R.A. *Gratitude: Science Explores the Transforming Power of Thankfulness*. Presentation to the Diocese of St. Petersburg, FL, February.
15. 2007 Emmons, R.A. *Gratitude: The science and spirit of thankfulness*. Bowles Chapel Lectureship, Memorial-Hermann Healthcare System, Houston, Texas, February.
16. 2007 Emmons, R.A. *The gifted self: Gratitude, meaning making, and eudaimonic and hedonic well-being*. Invited presentation at an invited symposium entitled "The Search for Meaning: Emerging Research Spanning the Juncture of Social and Clinical Psychology" at the Annual Convention of the American Psychological Association, San Francisco, August.
17. 2007 Emmons, R.A. *The Gifted Self: Gratitude as the heart of the gospel and the heart of well-being*. Presentation at the American Association of Christian Counselors conference, Nashville, TN, September.
18. 2007 Emmons, R.A. *What do we know when we know a person? The religious*

bases of personality. Invited Address, International Conference on Spirituality, Prague, Czech Republic, September.

19. Emmons, R.A. *Thanks! Recent developments in the science of gratitude*. Invited talk at the 9th International Summit on Positive Psychology, Gallup International, Washington DC, October, November 2007.
20. *Thanks! Using the New Science of Gratitude to Transform Your Thoughts, Moods, and Relationships*, American Association College and University Counseling Center Directors, Indianapolis, IN November 2007.
21. *Gratitude: The Science and Spirit of Emotional Prosperity*. Commonwealth Club, San Francisco, CA January 2008.
22. *Gratitude: Neuroscience's Forgotten Emotion*. Learning Brain Expo, San Francisco, January 2008.
23. *What Good is Gratitude? The Memory of the Heart and the Science of Well-Being*. Positive Psychology Forum, Sedona, AZ, February 2008.
24. *Gratitude: Putting the Science of Emotional Prosperity to Work for You*. UC Mid-Managers Conference, Sacramento, March 2008.
25. *Recent Developments in the Science of Gratitude*. Masters of Applied Positive Psychology Program, University of Pennsylvania, March 2008.
26. *Gratitude: Accessing The Emotional Power of Thankfulness*. Health Ministries Association, Irvine, CA, June 2008.
27. *What Good is Gratitude in the Management of Pain and Beyond?* Kaiser Permanente Conference, Dana Point, CA, July 2008
28. *Some Thoughts on Materialism, Debt, Thrift and the Legacy of Benjamin Franklin*, American Psychological Association, August, 2008.
29. *Thanks! How the New Science of Gratitude Can Make You Happier*, Indiana State University, September 2008.
30. *Gods and Goals: Spiritual Strivings as Purposeful Action*, Indiana State University, September 2008.
31. *Cultivating Gratitude: Evidence-Based Practices*, Louisiana Counseling Association, September 2008.

32. *Thanks! How the New Science of Gratitude Can Make You and Your Family Happier*, Jesuit High School, Sacramento, CA September 2008.
33. *Happiness, Gratefulness, and Stewardliness: Pillars of a Life Well-Lived*. Stewardship Conference of the Diocese of St. Petersburg, FL. October 2008.
34. *What Good is Gratitude in Lawyers?* McDonough Holland & Allen Law Firm, Sacramento, November 2008.
35. *Gratitude and Forgiveness: Spiritual Pillars of Positive Clinical Assessment and Practice*, Association Behavior and Cognitive Therapy, Orlando, FL, November 2008.
36. *Gratitude: The Forgotten Factor in Mind-Body Medicine*, Carle Foundation Day, Carle Clinic, Champaign, IL November 2008.
37. *The New Science of Gratitude: Accessing the Power of Gratefulness for Health and Well-Being*. National Institute for Advances in Clinical Behavioral Medicine, Hilton Head, South Carolina, December 2008.
38. *The Power of Gratitude to Heal, to Energize, and to Change Lives*, Caring and Kindness Conference, Garden Grove, CA, March 2009.
39. *What Good is Gratitude? It's Role in Disease Prevention and Health Promotion*, UCDMC Preventive Cardiology Program, March 2009.
40. *Spiritual Transformation and the Development of Character Strengths and Purpose* Stanford University, March 2009.
41. *Gratitude and Emotional Prosperity During Trying Times*, UC ABOG April 2009.
42. *The Power of Gratitude to Heal, to Energize, and to Change Lives*. University Relations, June 2009.
43. *Gods, Goals, and Gratitude: Further Explorations into Religion and Personality* Henry A. Murray Award Address, American Psychological Association, August, 2009.
44. *The Science and Practice of Gratitude*. Greater Good Science Center, Berkeley, CA September 2009.
45. *The Power of Gratitude in the Workplace*. The John Stewart Company, San Francisco, CA September 2009.
46. *What Good is Gratitude? It's Role in Disease Prevention and Health Promotion* Enloe Medical Center, Chico, CA, October 2009.

47. *Thanks! Gratitude Impacts Body, Mind, and Spirit.* Trinity Episcopal Church, Sutter Creek October 2009.
48. *Gratitude in Trying Times.* President's Scholar Invited Address, California State University, Chico, October 2009.
49. *Thanks! How Practicing Gratitude Can Make You Happier,* Sacramento, CA Rotary Club, January 2010.
50. *Gratitude and Emotional Prosperity During Trying Times,* UCSF February 2010.
51. *Does God Want us to Be Happy? An Examination of the Data on Religion and Well-Being.* Caring and Kindness Conference, March 2010, Garden Grove, CA.
52. *Thanks Be To God! Why Gratitude Matters in Disease Prevention and Health Promotion,* Duke University, Center for Theology, Spirituality, and Health, March 2010.
53. *The Science and Practice of Gratitude,* Awakening Joy class, Berkeley, CA March 2010.
54. *Gratitude: Insights from the Science of Well-Being,* New York State Counseling Association, June 2010
55. *Does God Want us to Be Happy: An Examination of the Data on Religion and Well-Being* William James Award Address, American Psychological Association, August, 2010.
56. *Growing Gratitude: Living a Life of Emotional Prosperity.* Spring Lake Village Senior Living Center, Santa Rosa, California, November 2010.
57. *Growing Gratitude: Steps Toward It's Cultivation.* Greater Good Science Center, Berkeley, CA November 2010.
58. *Gods, Gifts, Gratitude and Giving.* School of Psychology, Fuller Theological Seminary, Pasadena, California January 2011.
59. *Gratitude: The Heart of the Gospel and the Heart of Well-Being.* Invited address, Alumni Reunion Weekend, San Francisco Theological Seminary, April 2011.
60. *Positive Psychology and Clinical Practice,* Adult Psychopathology Summer Institute, University of Southern Maine, July 2011.
61. *Living Gratitude: The Science of Creating Emotional Prosperity.* City of Burbank, California, October 2011.

62. *God, Gifts, Gratitude and Memories of Sir John Templeton*. Presentation at the John Templeton Foundation, West Conshohocken PA, November 2011.
63. *Gratitude Works! How You Can Make Your Kids (and Yourself) More Grateful*. Davis Parent University Lecture Series, Davis High School, February 2012.
64. *Living Gratitude: The Science of Creating Emotional Prosperity*. Presentation to the American Society of Training and Development, Rancho Cordova, California, February 2012.
65. *Thanks! How Practicing Gratitude Can Make You Happier*. Wellness Lecture to the City of Sacramento, April 2012.
66. *Gratitude Works! Pathways to Emotional Prosperity*. Four-week class taught at Capital Christian Center, Sacramento, California June 2012.
67. *Progress in the Science and Spirit of Gratitude*. Invited talk at the Human Flourishing Conference, University of the South, Sewanee, Tennessee, June 2012.
68. *Helping Youth Thrive: Making the Case That Gratitude Matters*. Symposium at the Annual Convention of the American Psychological Association, Orlando, Florida August 2012.
69. *Gratitude as the Linchpin Between Adversity and Delight*, Psychotherapy and Faith Conference, Houston, Texas November 2012.
70. *Gratitude Works: Expanding the Science and Practice of Gratitude*. Webinar, International Positive Psychology Association, November 2012.
71. *New Developments in the Science and Practice of Gratitude*. Department of Social Clinical Services, University of California, Davis Medical Center, Sacramento, California, December, 2012.
72. *Gratitude Works! Accessing the Power of Gratefulness for Health and Well-Being*. School of Medicine Annual Wellness Lecture, UCD Medical Center, Sacramento, California January 2013.
73. *Gratitude Works! How Gratitude Heals, Energizes, and Transforms*. Invited presentation at the Emotional Intelligence Summit, Dallas, Texas February 2013.
74. *Gratitude: Obstacles and Myths*. Invited presentation at the Emotional Intelligence Summit, Dallas, Texas February 2013
75. *Accessing the Healing Power of Gratitude*. Invited presentation at the Emotional Intelligence Summit, Dallas, Texas February 2013

76. *Gratitude Works! How Gratitude Heals, Energizes, and Transforms* California Department of Public Health, Sacramento, California, March 2013.

77. *Gratitude Works! How Gratitude Heals, Energizes, and Transforms* Wellsteps Positive Health Webinar, April 2013.

78. *Accessing the Healing Power of Gratitude*. California Department of Public Health, Sacramento, California May 2013.

79. *The New Science of Gratitude: Increasing Personal and Organizational Performance*. Presentation at Innovative Maintenance Services, Inc. Sacramento, California, June 2013.

80. *Positive Clinical Psychology*. Adult Psychopathology Summer Institute, University of Southern Maine, July 2013.

81. *Mechanisms of Gratitude: Exploring How Gratitude Enhances Well-Being*. Symposium at the Annual Convention of the American Psychological Association, Honolulu, Hawaii, August 2013.

82. *Gratitude works! How gratitude heals, energizes, and transforms*. Woodland Senior Center, Woodland, CA September, 2013.

83. *Gratitude works! How gratitude heals, energizes, and transforms*. American Association of Christian Counselors World Conference, Nashville, TN, September, 2013.

84. *Gratitude works! Making grateful kids and why it matters*. Salesmanship Club Youth and Family Centers Conference, Dallas, Texas, September 2013.

85. *Gratitude works! Making grateful kids and why it matters*. Expanding the Science and Practice of Gratitude research workshop, Berkeley, California, October 2013

86. *Why gratitude matters and disease prevention and health promotion and well-being*. Presentation at Kaiser Permanente department of psychiatry Sacramento California October 2013.

87. *What good is gratitude? It's role in disease prevention and health promotion*. Union Hospital, Terre Haute, Indiana, November 2013.

88. *Gratitude works! How gratitude heals, energizes, and transforms lives*. Public lecture, Terre Haute, Indiana, November 2013.

89. *Gratitude as the linchpin between adversity and delight*. Presentation to the Institute on Spirituality and Health, Indiana State University, November 2013.

90. *Gratitude works! Finding joy in an age of happiness.* Presentation to Spring Lake Village, Santa Rosa, CA, November 2013.
91. *Gratitude works!* Webinar for New York Open Center on Positive Psychology, November 2013.
92. *The science of gratitude.* Presentation to the VMware Foundation, Palo Alto, California, December 2013.
93. *The three stones of gratitude.* Presentation to the College Life organization, Davis, California, January 2014.
94. *Why gratitude matters in the practice of medicine.* Department of Emergency Medicine, UC Davis Medical Center, Sacramento February 2014.
95. *What good is gratitude: it's role and disease prevention and health promotion.* Presentation to that Noah Worcester Medical Association, Monterey, CA April 2014.
96. *Graced gratitude and disgraced in gratitude: An Ignatian perspective.* Biola University Center for Christian Thought conference, La Mirada, CA May 2014.
97. *Gratitude works! Making grateful kids (and adults) and why it matters.* Presentation at CAARE, UCD Medical Center, Sacramento, California May 2014.
98. *Gratitude works! How saying thanks is the key to flourishing at work at home in life.* Presentation to Safety Services, UC Davis, June 2014.
99. *Expanding the science and practice of gratitude.* Presentation at the Greater Good Science Center Gratitude Summit, Point Richmond, California June 2014.
100. *The new science of gratitude: increasing individual and organizational performance.* College of Executive Coaching, Huntington Beach, California July 2014.
101. *Positive youth development: a few meanderings.* Annual Convention of the American Psychological Association, Washington DC, August 2014.
102. *Tweeting blessings: using social media to communicate gratitude.* Annual Convention of the American Psychological Association, Washington DC, August 2014.
103. *Gods, gifts, grace, and gratitude.* Seminar presented at the Center for Christian Thought Biola University, La Mirada, CA March 2014.

104. *The three stones of gratitude*. Public lecture, La Mirada California, March 2014.
105. *Recent developments in the science and practice of gratitude*. Webinar for the New York Open Center of Positive Psychology, October 2014.
106. *Gratitude works! How gratitude heals, energizes, and changes lives*. Presentation for the Lane County Mental Health conference, Portland, Oregon November 2014.
107. *Gratitude works! Making grateful kids and why it matters*. Presentation for the Lane County Mental Health conference, Portland, Oregon November 2014.
108. *Gratitude works! How gratitude heals, energizes, and changes lives*. Planned Giving Forum UC Davis, Sacramento California, November 2014.
109. *What's different about gratitude to God? Some thoughts on goals, the gospel, and grace*. Institute for Research on Psychology and Spirituality, Rosemead School of Psychology, La Mirada, California January 2015.
110. *How gratitude heals, energizes, and changes lives*. Napa Valley Hospice and Adult Day Services, Napa California March 2015.
111. *Gratitude works! The science of emotional prosperity*. San Joaquin Estate Planning, Stockton, California March 2015.
112. *Gratitude works! How gratitude heals, energizes and transforms lives*. Women. Infant Child Conference (WIC), Burlingame, California March 2015.
113. *What good is gratitude? Its role in disease prevention and health promotion and personal wellness*. Jeffrey Weisz Physician Wellness conference, Kaiser Permanente, San Diego, California May 2015.
114. *Growing gratitude: checklist or lifestyle?* Jeffrey Weisz Physician Wellness conference, Kaiser Permanente, San Diego, California May 2015.
115. *Accessing the healing power of gratitude*. Department of Oncology, UC Davis Medical Center, Sacramento, CA May 2015.
116. *Gratitude works! The science of gratitude in the organization*. WorkHuman Conference sponsored by Globoforce, Orlando, Florida June 2015.
117. *Thanks! Accessing the healing power of gratitude*. Webinar for Flourishing Center, New York, June 2015.
118. *The paradoxical effects of trying to be grateful and other counterintuitive findings from the*

science of gratitude. International Positive Psychology Association, Lake Buena Vista Florida, June 2015.

119. *What good is gratitude? It's role in disease prevention, health promotion, and personal wellness*. Emerging Tools for Innovative Providers conference, Pasadena California, July 2015.

120. *Aware, declare, and share: Keys to an effective gratitude practice*. Emerging Tools for Innovative Providers conference, Pasadena California, July 2015.

121. *What good is gratitude? How gratitude heals, energizes, and changes lives*. WIC North East Valley Health Corporation, Granada Hills CA, September 2015.

122. *What good is gratitude? It's role in disease prevention and health promotion and personal wellness*. Position wellness conference Kaiser Permanente of antelope valley, Landcaster California October 2015.

123. *Making grateful kids and why it matters*. Presentation to the Department of Psychiatry, Stanford University, Palo Alto, California October 2015.

124. *Gratitude works! Why gratitude matters in the workplace and in our lives*. Presentation to the Berger Singerman Law Firm, Fort Lauderdale, Florida, October 2015.

125. *What good is gratitude? It's role and disease prevention and health promotion a personal wellness*. Presentation at Kaiser Permanente Northern California Oakland California October 2015.

126. *Becoming great at being grateful*. Presentation to the Culture Services Department, Southwest Airlines, Dallas, Texas, November 2015.

127. *Gratitude works in the workplace: science and practice*. Presentation to the Culture Services Department, Southwest Airlines, Dallas, Texas, November 2015.

128. *The gospel, grace and gratitude*. Chapel presentation to Westmont College student body, Santa Barbara, California November 2015.

129. *God, grace, gratitude and the gospel*. Provost lecture, Westmont College, Santa Barbara, California November 2015.

130. *Gratitude works!* Presentation to the UC Davis Tahoe Environmental Research Center, Incline Village, Nevada, November 2015.

131. *Gratitude works!* Presentation to Napa Valley Hospice Adult Day Services, Napa California, November 2015.

132. *Gratitude: Giving Thanks and Giving Care*. Schwartz Grand Rounds, Department of Psychiatry, UCD Medical Center, November 2015.
133. *Gratitude works!* Webinar for the New York Center of Applied Positive Psychology, December 2015.
134. *Becoming happier and other New Year's resolutions*. UC Davis Alumni Center talk, Davis California, January 2016.
135. *What good is gratitude? It's role in disease prevention, health promotion, and personal wellness*. Physician Wellness Conference Mid-Atlantic Kaiser Permanente Group, Washington DC, February 2016.
136. *Gratitude works in the workplace: science and practice*. Presentation to the California Public Employees Retirement System (CalPERS), Sacramento, California March 2016.
137. *Gratitude works in the workplace and at home*. Capital Christian Center business luncheon, Sacramento, California March 2016.
138. *Lenten forum on gratitude*. St. Luke's Episcopal Church, San Francisco, CA March 2016.
139. *What good is gratitude? Its role in disease prevention and health promotion personal wellness*. Webinar, Functional Medicine Coaching Academy, April 2016.
140. *Gratitude works in the workplace: science and practice*. Culture Services Department, Southwest Airlines, Dallas, Texas April 2016.
141. *Becoming great at being grateful*. Culture Services Department, Southwest Airlines, Dallas, Texas April 2016.
142. *Living with gratitude*. Public lecture Napa, California May 2016.
143. *Gratitude works!* Solano County Mental Health, Fairfield, California May 2016.
144. *What good is gratitude? How gratitude heals, energizes, and transforms lives*. Nevola Symposium on Spirituality and Health, Colby College, Waterville Maine June 2016.
145. *Aware, declare and share*. Nevola Symposium on Spirituality and Health, Colby College, Waterville Maine June 2016.
146. *Gratitude works! How gratitude heals energizes and transforms lives and workplaces*. Purposeful Planning Conference, Broomfield, Colorado July 2016.
147. *The good news of gratitude*. Sacramento Food Bank and Family Services Partner

Conference, Sacramento, California July 2016.

148. *What good is gratitude? How gratitude heals energizes and transforms lives.* Kaiser Permanente, Roseville, CA July 2016.

149. *Is spirituality an intelligence?* Webinar presented to Premier Expert Service Corporation, July 2016.

(roughly 50 additional presentations from August 2016 – August 2018).

COURSES TAUGHT

Undergraduate

Introductory psychology
Personality theory
Health psychology
Abnormal psychology
Research in personality and social psychology
Psychology of religion
Positive psychology
Psychology of emotion

Graduate

Personality and physical illness
Self-regulation and goals
Mood and emotion
The self
Current controversies and issues in personality
Science of happiness and well-being