

## Self-Esteem and Happiness: The Psychology and Science Within

Resources recommended by Dr. Karen Shanor <sup>(1)</sup>

Reference	Notes
<p><b><i>The Emerging Mind: New Discoveries in Consciousness.</i></b> Author: Dr. Karen Nesbitt Shanor. Publisher: Renaissance Books. ISBN# 1580631843.</p>	<p><i>(From an Amazon.com reader post)</i> At Last! A High Level View for the Layman. Dr. Shanor has bridged the gap between complex academic research and the lay readers' never ending curiosity about "what, simply, makes us tick." She has presented very clearly a new "language of the mind and spirit." This language helps to better describe our human functions and dysfunctions, to explain new cross discipline research findings (Neuro-paths and faith?), to raise issues for further investigation, and to weave Western and Eastern spiritual/medical philosophies toward mutually supporting world views. She systematically presents to the reader many interesting and critical contemporary concepts in neuro-biology, psychology, phenomenology, physics, health and healing, hypnosis and dreams, the conscious and the subconscious realms.  The book is eminently readable. Each of her supporting contributors (Chopra, Pribram, Putnam, Gachenbach, and Spencer) is a formidable expert in his or her field(s). And there is humor in the truths she addresses. Enjoy!</p>
<p><b><i>Authentic Happiness : Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment.</i></b> Author: Martin Seligman. Publisher: Free Press. ISBN# 0743222989.</p>	<p><i>(From Publisher's Weekly)</i> In his latest user-friendly road map for human emotion, the author of the bestselling Learned Optimism proposes ratcheting the field of psychology to a new level. "Relieving the states that make life miserable... has made building the states that make life worth living less of a priority. The time has finally arrived for a science that seeks to understand positive emotion, build strength and virtue, and provide guideposts for finding what Aristotle called the 'good life,'" writes Seligman. Thankfully, his lengthy homage to happiness may actually live up to the ambitious promise of its subtitle. Seligman doesn't just preach the merits of happiness e.g., happy people are healthier, more productive and contentedly married than their unhappy counterparts but he also presents brief tests and even an interactive Web site (the launch date is set for mid-August) to help readers increase the happiness quotient in their own lives. Trying to fix weaknesses won't help, he says; rather, incorporating strengths such as humor, originality and generosity into everyday interactions with people is a better way to achieve happiness. Skeptics will wonder whether it's possible to learn happiness from a book. Their point may be valid, but Seligman certainly provides the attitude adjustment and practical tools (including self-tests and exercises) for charting the course.</p>
<p><b><i>Six Pillars of Self-Esteem.</i></b> Author: Nathaniel Branden Publisher: Bantam. ISBN# 0553374397.</p>	<p><i>(From an Amazon.com reader post)</i> This is probably Brandon's most famous book. It is his clearest and most complete analysis of the meaning of Self-Esteem, and its central importance in each person's life. If you come to this book, as I did about five years ago, with sufficiently low self-esteem, and knowing nothing about its importance, this book will be the equivalent of being hit head-on in a traffic accident: the end result being that you will either change your life with effort and</p>

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	<p>considerable inner pain and finally begin to live -- or you will realize that you are dead and want to remain dead! In summary: Read this book at your own peril!</p> <p>...And if you faithfully do the exercises at the end two or three times over, then gradually over the course of a year, you will begin to feel self-esteem sprout into your life. It will soon grow into a beautiful green plant. This will also become a book you will want to come back to now and again throughout your life, to drink from its healing clear waters.</p>
<p><b><i>Molecules Of Emotion: The Science Behind Mind-Body Medicine.</i></b> Author: Candace B. Pert Publisher: Scribner. ISBN# 0684846349</p>	<p><i>(From an Amazon.com reader post)</i> Molecules of Emotion by Candace Pert Ph.D. reads like a high tech medical thriller. The fact that it's autobiographical non-fiction never detracts and it proves an intriguing and surprisingly entertaining read. An often controversial and brilliant research scientist, Candace Pert has been on the cutting edge since the early 1970's, particularly in biomolecular medicine. She has contributed enormously to the paradigm shift in scientific research that lead to proof of the mind-body connection in the laboratory. Her book takes the reader along on her often rocky journey in a burgeoning field and reveals the inside politics of the "old boy" club modern science has yet to outgrow today. Pert makes complicated science seem easy to understand and dishes it up in palatable bites. The plot alternates between a front row seat at one of her popular lectures and the wider view of her life as a scientist. From Ph.D. candidate at Johns Hopkins, controversial NIH insider to extensive lecturer, she shows the dark side of her professional journey as well as the gratifying career-making highs. She touches on her roles as a wife, mother of three and decidedly feminine woman in an alpha male field. What many will find truly thrilling about this book is the revolutionary science behind mind-body medicine and the promise of a brighter future for all humanity as the science is put into practice. A "must read" for nearly everyone. Of particular interest to women embarking on a career in the sciences or mind-body medicine advocates.</p>
<p><b><i>The Value of Positive Emotions: The Emerging Science of Positive Psychology is Coming to Understand Why It's Good to Feel Good.</i></b> Author: Barbara L. Fredrickson. Publication: American Scientist (Refereed). Date: July 1, 2003. Publisher: Sigma Xi, The Scientific Research Society. Volume: 91 Issue: 4 Page: 330(6). Distributed by Thomson Gale. ISBN: B0008DPRFC; (July 1, 2003).</p>	<p>Paper.</p>

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<p><b><i>Feeling Good: The New Mood Therapy.</i></b> Author: David D. Burns. Publisher: Avon. ISBN# 0380810336 (From an Amazon.com reader post)</p>	<p><b><i>The Feeling Good Handbook.</i></b> Author: David D. Burns Publisher: Plume. ISBN#: 0452281326</p>
<p>Note: There are several posts for these two books. They are of mixed feelings—some positive; some “too simplistic” and “needed more”. Take from them what you will. The following post is one of the more “neutral” posts.</p> <p>-----</p> <p>In both this book and its predecessor ("Feeling Good"), David Burns has done an excellent job of putting tools into our hands so we can change the feelings and behaviors that we want to change. The tools in this book that I've found most helpful include (i) instruments to measure both anxiety and depression, (ii) a "pleasure-predicting sheet," (iii) a daily mood log to help identify and change unwanted feelings, and (iv) tools to help you overcome procrastination.</p> <p>I agree with another reviewer who said that this book and "Feeling Good" overlap to a great extent, and I recommend this one. You don't need to read "Feeling Good" first, and the worksheets in this "Handbook" are larger and easier to copy and work with.</p> <p>While Dr. Burns uses tools from cognitive behavioral therapy, I strongly recommend that you also obtain "A Guide to Rational Living," by Albert Ellis. Dr. Ellis invented rational (cognitive) behavioral therapy in the mid-1950s and still writes, lectures, and works with clients. While Burns' books are generally better written than Ellis', Dr. Ellis teaches you how to use cognitive techniques more effectively than Dr. Burns does. Instead of just showing you how to recognize faulty thinking that produces unwanted feelings and behaviors and think of alternative thoughts, Dr. Ellis teaches you how to PERSUADE YOURSELF that this faulty thinking is both irrational and counter-productive. In my view, the difference in their approaches is similar to that between an intellectual discussion and a thoroughly persuasive speech. In order to make the desired changes, you need to convincingly and powerfully persuade yourself to change your thinking.</p> <p>Together, this book and "A Guide to Rational Living" give you most all of the tools you need to experience the changes that you want in your feelings and behaviors. The approaches in both books require work. Passively reading them (or anything) will not lead to significant changes. The best news of all is this: There is hope! And you can have the tools at your fingertips.</p>	
<p><b><i>Man's Search For Meaning.</i></b> Author: Viktor E. Frankl. Publisher: Pocket. ISBN# 0671023373</p>	<p>(From Amazon.com editorial review) <i>Man's Search for Meaning</i> by Viktor E. Frankl is among the most influential works of psychiatric literature since Freud. The book begins with a lengthy, austere, and deeply moving personal essay about Frankl's imprisonment in Auschwitz and other concentration camps for five years, and his struggle during this time to find reasons to live. The second part of the book, called "Logotherapy in a Nutshell," describes the psychotherapeutic method that Frankl pioneered as a result of his experiences in the concentration camps. Freud believed that sexual instincts and urges were the driving force of humanity's life; Frankl, by contrast, believes that man's deepest desire is to search for meaning and purpose. Frankl's logotherapy, therefore, is much more</p>

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	<p>compatible with Western religions than Freudian psychotherapy.</p> <p>This is a fascinating, sophisticated, and very human book. At times, Frankl's personal and professional discourses merge into a style of tremendous power. "Our generation is realistic, for we have come to know man as he really is," Frankl writes. "After all, man is that being who invented the gas chambers of Auschwitz; however, he is also that being who entered those gas chambers upright, with the Lord's Prayer or the Shema Yisrael on his lips."</p>
<p><b><i>The Problem of Sleep.</i></b> Author: William Demarest (?)</p>	<p>Cannot find this book on Amazon.com.</p>
<p><b><i>The Placebo Effect: An Interdisciplinary Exploration.</i></b> Author: Anne Harrington. Publisher: Harvard University Press. ISBN# 067466986X.</p>	<p>(From Amazon.com editorial review)</p> <p>A mere "symbol" of medicine--the sugar pill, saline injection, doctor in a white lab coat--the placebo nonetheless sometimes produces "real" results. Medical science has largely managed its discomfort with this phenomenon by discounting the placebo effect, subtracting it as an impurity in its data through double-blind tests of new treatments and drugs. This book is committed to a different perspective--namely, that the placebo effect is a "real" entity in its own right, one that has much to teach us about how symbols, settings, and human relationships literally get under our skin.</p> <p>Anne Harrington's introduction and a historical overview by Elaine Shapiro and the late Arthur Shapiro, which open the book, review the place of placebos in the history of medicine, investigate the current surge in interest in them, and probe the methodological difficulties of saying scientifically just what placebos can and cannot do. Combining individual essays with a dialogue among writers from fields as far-flung as cultural anthropology and religion, pharmacology and molecular biology, the book aims to expand our ideas about what the placebo effect is and how it should be seen and studied. At the same time, the book uses the challenges and questions raised by placebo phenomena to initiate a broader interdisciplinary discussion about our nature as cultural animals: animals with minds, brains, and bodies that somehow manage to integrate "biology" and "culture," "mechanism" and "meaning," into a seamless</p>

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	whole.
<p><b><i>Positive Affect and the Complex Dynamics of Human Flourishing.</i></b>            Authors: Barbara L. Fredrickson (University of Michigan) and Marcial F. Losada (Universidade Catolica de Brasilia).            White paper/report.            October 2005. American Psychologist.            Vol. 60, No. 7, 678-686.            ISSN# 0003-066X/05.</p>	Class handout.
<p><b><i>What Self-Esteem Is and Is Not.</i></b>            Notes.            Author: Dr. Nathaniel Branden, Ph.D.            PO Box 2609, Beverly Hills, CA 90213            (310) 274-6361            E-mail: n6666b@cs.com</p>	Class handout. Notes that followed along with video of Dr. Nathaniel Branden in class—keynote address at American Chiropractic Association conference.
<p><b><i>Meditation Gives Brain a Charge, Study Finds.</i></b>            The Washington Post: January 3, 2006            Author: Marc Kaufman, Washington Post Staff Writer            Science section.</p>	Class handout. Report (layman’s terms) of study of effects of meditation on brain activity. Archived article available at WashingtonPost.com → archives (fee).
<p><b><i>Brain Ailment Breakthrough?</i></b>            The Washington Post: November 1, 1999            Author: Rob Stein, Washington Post Staff Writer            Science section.</p>	Class handout. Report (layman’s terms) of study finding that uncontrollable body movements may be caused by electrical misfirings of two key parts of the brain—thalamus and cerebral cortex. Nice graphic (simplistic) of the brain and these two regions. Archived article available at WashingtonPost.com → archives (fee).
<p>Pages 158-159 from <i>The Emerging Mind</i>.            Author: Dr. Karen Shanor.  <b>“Mind-Body Medicine—Hypnosis and Mind-Body Issues”.</b></p>	Class handout. Inset on raising children to be optimistic.
<p><b><i>Changes in Brain Function of Depressed Subjects During Treatment With Placebo.</i></b>            Authors: Andrew F. Leuchter, MD; Ian A. Cook, MD; Elise A. Witte, Ph.D; Melinda Morgan, Ph.D; and Michelle Abrams, RN.            White paper/report.            American Journal of Psychaitry: 159:1, January 2002            Page 122.</p>	Class handout. Description of the placebo effect.

<sup>(1)</sup> Dr. Karen Shanor. Clinical psychologist; lecturer at Georgetown University and the Smithsonian Institute; author of *The Emerging Mind* (from which a four-part PBS series was developed). These references are from her one-day class at the Smithsonian Institute titled “Positive Psychology, Self-Esteem, and Happiness: The Connections and Contradictions”.