

READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

The Positive Shift: Mastering Mindset to Improve Happiness, Health, and Longevity by
Catherine A. Sanderson, Ph.D. (2019, published by BenBella Books)

DISCUSSION QUESTIONS

Where do you fall on the “happiness scale” naturally?

Do you tend to interact with others who “match” your happiness level?

Have you tried any of the strategies in the book to increase happiness?

Do you think they had a positive impact on your well-being?

READING TIP

Use the **Feynman Technique** to remember more after reading. After reading a chapter or book, explain what you read to someone in simple terms that anyone can understand. Afterwards, reread the chapter, and refine your explanation.

WELL-BEING TIP

When positive events happen, take a second to **savour** the moment. In other words, try to be present in the experience, and take in the sights and sounds. . Savouring can amplify the intensity and duration of the positive emotions we feel.



Carrot Cake Baked Oatmeal

Refined-sugar free and packed with carrots, this baked oatmeal has all the taste of the popular dessert with a healthier whole-grain twist.

Learn how to make them here:

<https://ohsheglows.com/heavenly-carrot-cake-baked-oatmeal/>

ADDITIONAL RESOURCES

Cullen, K., Murphy, M., Blasi, Z. D., & Bryant, F. B. (2024). The effectiveness of savouring interventions on well-being in adult clinical populations: A protocol for a systematic review. PLoS ONE, 19(4), e0302014–e0302014. <https://doi.org/10.1371/journal.pone.0302014>

Ramirez-Duran, D. (2021). *Savoring in Positive Psychology: 21 Tools to Appreciate Life*. Positive Psychology. <https://positivepsychology.com/savoring/>

Hagan, E. (2022). The mental health benefits of reading. Psychology today. <https://www.psychologytoday.com/ca/blog/the-art-effect/202203/the-mental-health-benefits-reading>

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The Positive Shift: Mastering Mindset to Improve Happiness, Health, and Longevity by Catherine A. Sanderson, Ph.D. (2019, published by BenBella Books)

Psychology expert and professor Dr. Catherine Sanderson breaks down the science of thought and lays out the significant difference we can really make in our daily lives simply by adjusting our outlook.

Catherine A. Sanderson is the Manwell Family Professor in Life Sciences (Psychology) at Amherst College. She received a bachelors degree in psychology, with a specialization in Health and Development, from Stanford University, and received both masters and doctoral degrees in psychology from Princeton University. Professor Sanderson's research examines how personality and social variables influence health-related behaviors such as safer sex and disordered eating, the development of persuasive messages and interventions to prevent unhealthy behavior, and the predictors of relationship satisfaction. This research has received grant funding from the National Science Foundation and the National Institute of Health.

[Source](#)



[Dr. Catherine Sanderson](#)

