

CURRICULUM VITAE

SONJA LYUBOMIRSKY

Rev. 10/26

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EDUCATION AND EMPLOYMENT

HARVARD UNIVERSITY

A.B., Psychology, *summa cum laude*, 1989

STANFORD UNIVERSITY

Ph.D., Social Psychology, 1994

UNIVERSITY OF CALIFORNIA, RIVERSIDE

Assistant Professor, Department of Psychology, 1994-2001

Associate Professor, Department of Psychology, 2001-2005

Professor, Department of Psychology, 2005-2019

Vice Chair, Department of Psychology, 2017-2021

Distinguished Professor, Department of Psychology, 2019-present

FELLOWSHIPS, HONORS, AND AWARDS

2026	Application of Personality and Social Psychology Award, Society for Personality and Social Psychology
2024	Faculty Research Lecturer Award, Academic Senate, University of California, Riverside (campus-wide)
2023	Elected AAAS Fellow, American Association for the Advancement of Science
2023	Casey Fellow, Upper Canada College, Toronto, CANADA
2023	Pioneer in Quality of Life Theory and Research, <i>Applied Research in Quality of Life</i>
2021	Honorary Doctorate, Faculty of Psychology, University of Basel, SWITZERLAND
2020	Ranked #144 (of 16,884) Social Psychologists, World Scientists Ranking, Scopus, Ionnidis et al. <i>PLOS ONE Biology</i>
2019	Christopher J. Peterson Gold Medal, International Positive Psychology Association
2018	Carol and Ed Diener Award for Outstanding Mid-Career Contributions in Personality Psychology, Society for Personality and Social Psychology
2018-2019	Distinguished Research Lecturer Award, College of Humanities, Arts, and Social Sciences, UC Riverside
2017	Top 4 Highest Cited Researchers at UC Riverside, Clarivate Analytics Web of Science
2017	Kenan Distinguished Visiting Scholar, University of North Carolina, Chapel Hill
2016-2018	Distinguished International Faculty, Indian Institute of Technology, Kharagpur, INDIA
2016	Dennis L. Chernin Memorial Lecturer, Department of Psychology, Yale University
2015	Named to Top 50 Leadership Innovators, <i>Inc.</i>
2015	Named to Top 50 Scientists in the World, <i>Business Insider</i>
2015	Maret Distinguished Alumni Award, The Maret School, Washington DC
2014	Honorary Life Member, The Little Portion Community Project, London, UK

2013	Faculty of the Year Award, Department of Psychology, University of California, Riverside
2013	Invited Speaker to the IPPA Membership, Leaders Series, International Positive Psychology Association
2012	Outstanding Research Award (with Nelson, Layous, Oberle, and Schonert-Reichl), 2012 Science of Compassion Conference
2011	Honorable Mention, Action Teaching Award, Social Psychology Network
2009	Elected Member, Society of Experimental Social Psychology
2008	First place winner (PI, Ken Sheldon), The Mind Gym Academic Prize
2008	Invited Speaker to the IPPA Membership, Leaders Series, IPPA
2006	<i>Journal of Happiness Studies</i> Best Paper Award
2007	Kenan Distinguished Visiting Speaker, Department of Psychology, University of North Carolina, Chapel Hill
2006	Invited Speaker and Participant in Dialogue with the 14 th Dalai Lama, UBC Institute of Mental Health, Orpheum Theatre, Vancouver, Canada
2004	Visiting Scholar, Oklahoma Scholars Leadership Program, University of Oklahoma
2002	Templeton Positive Psychology Prize, American Psychological Association (\$15,000)
2000	Faculty of the Year Award, Dept. of Psychology, University of California, Riverside
1999-2000	Faculty Mentor of the Year, University Honors Program
1999-2002	Invited Participant, Positive Psychology Conference, Akumal, Mexico
1994	Graduate Speaker, Commencement Ceremonies, Department of Psychology, Stanford University
1994	Centennial Teaching Assistant Award, Stanford University
1993-1994	National Institutes of Mental Health, Individual National Research Service Award
1992-1993	Stanford University Fellowship
1989-1992	National Science Foundation Graduate Fellowship
1989	Jacob Javits Foundation Pre-Doctoral Fellowship (declined)
1989	Phi Beta Kappa, Harvard University
1989	Thomas T. Hoopes Prize for Outstanding Scholarly Work, Harvard University
1989	Faculty Prize for Outstanding Honors Thesis, Department of Psychology, Harvard University
1988-1989	Ford Foundation Grant for Undergraduate Research
1985	Phi Delta Kappa Scholarship Grant for Future Educators

Fellow Status

2013	International Positive Psychology Association (IPPA)
2013	Association for Psychological Science (APS)
2008	Society for Personality and Social Psychology (SPSP)
2009	Center for Ideas and Society, University of California, Riverside.

RESEARCH INTERESTS

The Architecture of Sustainable Well-Being: How and Why Can People Become Happier?

- Mechanisms of Sustainable Change in Happiness
- The Positive Activity Model: Mediators and Moderators of the Effects of Activity-Based Happiness-Increasing Interventions

- Pursuing Sustainable Happiness Through Practicing Gratitude, Kindness, Optimism, Social Interactions, Extraverted Behaviors, Self-Compassion, Partner Acceptance, Chanting, Awe, Savoring, and Self-Affirmation
- Effects of AI-Facilitated Interventions, Digital Media, Social Media, and Face-to-Face (vs. Virtual) Connections on Well-Being
- Under What Conditions and Individual Differences Might Positive Activities Backfire?

The Architecture of Strengths: Connection as the Key to Happiness

- Promoting Meaningful Connecting Moments: The Role of Social vs. Prosocial Interactions, Virtual vs. In-Person Interactions, and Type of Partner
- Predictors of Connection in Conversations: The Role of Vulnerable Sharing, Radical Curiosity, and Listening-to-Learn
- The Psychological and Biological Benefits of Boosting High-Quality Listening to Both Listeners and Speakers: Exploring Listening Between Strangers, Friends, and Romantic Partners
- A Model of Interpersonal Chemistry: What Is It, How Does It Emerge, and How Does It Operate?
- Toward a New Science of Psychedelic Social Psychology: The Effects of MDMA on Social Connection

The Architecture of Strengths: Generosity, Gratitude, and Curiosity

- Benefits of Practicing Kindness for Happiness, Social Life, Peer Acceptance, Immune Gene Expression, and Telomere Length
- Gratitude as a Trigger of Self-Control and Self-Improvement Efforts in the Domains of Work, School, Health, Benevolence, and Parenting Among Adults and Adolescents
- Inducing Curiosity: A Model of the Antecedents, Causes, Correlates, Outcomes, and Consequents of Curious States of Mind

Why Are Some People Happier Than Others?: Cognitive, Motivational and Behavioral Processes in Subjective Happiness

- Individual and Societal Benefits of Happiness and Positive Affect
- The Parenthood Paradox: When and Why Are Parents More or Less Happy?
- Ambulatory, Sociometric, Genomic, Psychophysiological, EEG, Smartphone, AI, Fitbit, and Virtual Reality Methodologies to Assess and Induce Happiness and Its Outcomes

Cultural, Population, and Age Influences on the Pursuit of Happiness

- Cultural Differences in the Mechanisms and Effectiveness of Happiness-Increasing Interventions: Trials With Asian-American, Japanese, Chinese, Hong Kong, Taiwanese, Korean, Indian, Chilean, Hungarian, German, French, Spanish, Canadian, and British Participants
- Mechanisms Underlying the Success of Happiness-Increasing Interventions in Middle School Students, High School Students, Coronary Heart Disease Patients, and Corporate Employees
- Positive Activities as Protective Factors Against Mental Health Conditions in At Risk and Clinical (Suicidal, Depressed, Anxious) Populations

PUBLICATIONS

h-index: 97 total citations: 95,342 *

(*items with >300 citations are noted)

Books

1. **Lyubomirsky, S., & Reis, H. (2026).** *How to feel loved: The five mindsets that get you more of what matters most.* New York: Harper. howtofeelloved.com

Published foreign editions:

Lyubomirsky, S., & Reis, H. (2026). *How to feel loved: The five mindsets that help you get you more of what makes life worth living* (X, Trans.). London: Cornerstone

Lyubomirsky, S., & Reis, H. (2026). *How to feel loved: Fünf mindsets, die deine Beziehungen komplett verändern können* (X, Trans.). Munich: Goldmann.

Lyubomirsky, S., & Reis, H. (2026). *Cómo sentirse amado: Cinco claves para cultivar vínculos que dan sentido a la vida* (X, Trans.). Madrid: Planeta.

2. **Lyubomirsky, S. (2013).** *The myths of happiness: What should make you happy, but doesn't, what shouldn't make you happy, but does.* New York: Penguin Press.

themythsofhappiness.org

*347 citations

Published foreign editions:

Lyubomirsky, S. (2013). *The myths of happiness: What should make you happy, but doesn't, what shouldn't make you happy, but does* (X, Trans.). Beijing, China: Cheers Books

Lyubomirsky, S. (2013). *Boldogság-mítoszok: Tények és tévhitek.* (X, Trans.). Budapest, Hungary: Ursus Libris.

Lyubomirsky, S. (2013). *Mitovete za schastieto* (Nadya Bayeva, Trans.). Sofia, Bulgaria: Obsidian.

Lyubomirsky, S. (2013). *Mity o szczęściu.* (X, Trans.). Warsaw, Poland: Laurum.

Lyubomirsky, S. (2013). *The myths of happiness.* (X, Trans.). Seoul, South Korea: Knowledge Nomad.

Lyubomirsky, S. (2013). *De mythes van geluk: Wetenschappelijke inzichten in wat ons écht gelukkig maakt* (Fanneke Cnossen, Trans.). Utrecht, Netherlands: Bruna.

Lyubomirsky, S. (2014). *Qu'est-ce qui nous rend vraiment heureux?* (Laurent Bury, Trans.). Paris: Les Arènes.

Lyubomirsky, S. (2014). *Myterne om lykke.* (Henriette Rostrup, Trans.). Copenhagen, Denmark: Dansk Psykologisk Forlag.

Lyubomirsky, S. (2014). *Mitai apie laimę.* (Margarita Bautreñienė, Trans.). Vilnius, Lithuania: Alma Littera.

Lyubomirsky, S. (2014). *Los mitos de la felicidad* (Martín R-Courel Ginzo, Trans.). Barcelona, Spain: Urano.

Lyubomirsky, S. (2014). *The myths of happiness* (X, Trans.). Tokyo, Japan: Nihon Jitsugyo Shuppan.

Lyubomirsky, S. (2014). *Os mitos da felicidade: O que deveria fazer você feliz, mas não faz; o que não deveria fazer você feliz, mas faz.* (X, Trans.). Rio de Janeiro, Brazil: Odisseia.

Lyubomirsky, S. (2014). *Oi mýthoi tis eftychiás.* (X, Trans.). Athens, Greece: Menandros Editions.

Lyubomirsky, S. (2014). *The myths of happiness* (X, Trans.). Tel Aviv, Israel: Kinneret-Zmora.

Lyubomirsky, S. (2015). *The myths of happiness* (X, Trans.). Bangkok, Thailand: Matichon.

Lyubomirsky, S. (2015). *The myths of happiness* (X, Trans.). Istanbul, Turkey: Kapital.

Lyubomirsky, S. (2015). *The myths of happiness* (X, Trans.). Taipei, Taiwan: Longstone.

Lyubomirsky, S. (2022). *The myths of happiness* (X, Trans.). Beijing, China: China CITIC Press.

Lyubomirsky, S. (2025). *The myths of happiness* (X, Trans.). București, Romania: Obsidian.

Lyubomirsky, S. (2025). *The myths of happiness* (X, Trans.). Cairo, Egypt: Dar Dawen.

3. **Lyubomirsky, S. (2008).** *The how of happiness: A scientific approach to getting the life you want.* New York: Penguin Press. thehowofhappiness.com

*4,323 citations

Published foreign editions:

- Lyubomirsky, S. (2008). *De maakbaarheid van het geluk* (Frans van Delft, Trans.). Amsterdam, Netherlands: Archipel.
- Lyubomirsky, S. (2008). *Glücklich sein: Warum sie es in der hand haben, zufrieden zu leben* (Jürgen Neubauer, Trans.). Frankfurt, Germany: Campus Verlag.
- Lyubomirsky, S. (2008). *La ciencia de la felicidad* (Alejandra Devoto, Trans.). Barcelona, Spain: Urano.
- *622 citations
- Lyubomirsky, S. (2008). *Hogyan legyünk boldogok? Az önmegvalósítás útjai tudományos megközelítésben* (Turóczy Attila, Trans.). Budapest, Hungary: Ursus Libris.
- Lyubomirsky, S. (2008). *How to be happy* (X, Trans.). Seoul, South Korea: Knowledge Nomad.
- Lyubomirsky, S. (2008). *A ciência da felicidade: Como atingir a felicidade real e duradoura* (Patrícia Sá, Trans.). Rio de Janeiro, Brazil: Elsevier.
- Lyubomirsky, S. (2008). *Lyckans verktyg: En vetenskaplig guide till lycka* (Johan Nilsson, Trans.). Stockholm: Natur & Kultur.
- Lyubomirsky, S. (2008). *Nasil mutlu lunur?* (Gülfer Göze, Trans.). Istanbul, Turkey: Kapital Medya Hizmetleri A. S.
- Lyubomirsky, S. (2008). *Sådan bliver du lykkelig* (X, Trans.). Copenhagen, Denmark: Lindhardt & Ringhof.
- Lyubomirsky, S. (2008). *Wybierz szczescie: Naukowe metody budowania zycia, jakiego pragniesz* (X, Trans.). Warsaw, Poland: MT Biznes.
- Lyubomirsky, S. (2008). *Comment être heureux...et le rester* (X, Trans.). Paris: Flammarion.
- Lyubomirsky, S. (2009). *The how of happiness: A practical approach to getting the life you want*. London: Sphere.
- Lyubomirsky, S. (2009). *Ptyat km schastyeto* (Teodora Atanasova, Trans.). Sofia, Bulgaria: Knowledge Mont.
- Lyubomirsky, S. (2009). *The how of happiness: 40%* (X, Trans.). Shanghai, China: East China Normal University Press.
- Lyubomirsky, S. (2009). *Kuinka onnelliseksi?* (Jouni Porio, Trans.). Helsinki, Finland, Basam Books.
- Lyubomirsky, S. (2010). *Cum să fii fericit* (Dorina Oprea, Trans.). București, Romania: Amsta.
- Lyubomirsky, S. (2010). *The how of happiness: A practical guide to getting the life you want*. London: Piatkus.
- Lyubomirsky, S. (2011). *The way to happiness: Action plan for a happy life* (Katya Benyovitz, Trans.). Or Yehuda, Israel: Kinneret Publishing House.
- Lyubomirsky, S. (2011). *Como ser feliz: A receita científica para a felicidade* (Ana Paula Nereu Reis, Trans.). Lisbon, Portugal: Pergaminho.
- Lyubomirsky, S. (2012). *The how of happiness: A new approach to getting the life you want* (X, Trans.). Tokyo, Japan: Nihon Jitsugyo Shuppan.
- Lyubomirsky, S. (2013). *Comment être heureux...et le rester* (Camille Fort, Trans.). Paris: Marabout.
- Lyubomirsky, S. (2014). *The how of happiness* (X, Trans.). Taipei, Taiwan: Longstone.
- Lyubomirsky, S. (2014). *Psichologia schastyia* (X, Trans.). Saint Petersburg, Russia: Piter.
- Lyubomirsky, S. (2014). *The how of happiness: 40%* (X, Trans.). Beijing, China: China CITIC Press.
- Lyubomirsky, S. (2019). *Nasil mutlu olunur?* (Gülfer Göze, Trans.). Istanbul, Turkey: Ketebe.
- Lyubomirsky, S. (2025). *The how of happiness* (X, Trans.). Cairo: Dar Dawen.
- Lyubomirsky, S. (2025). *La ciencia de la felicidad* (X, Trans.). Madrid: Planeta.
- Lyubomirsky, S. (2025). *Comment être heureux...et le rester* (X, Trans.). Paris: Editions Points.
- Lyubomirsky, S. (2025). *The how of happiness* (X, Trans.). Hanoi: Bachviet.

Peer-Reviewed Journal Articles

*See <https://sonjalyubomirsky.com/publications/> for links to selected PDF files

—————In Press—————

1. Martinez, R. L., Regan, A., & **Lyubomirsky, S.** (2026). Pathways to self-compassion: The effects of self-kind behaviors and self-kind thoughts on self-compassion and well-being. *Affective Science*. <https://doi.org/10.1007/s42761-026-00379-4>
2. Cadieux, S., & **Lyubomirsky, S.** (in press). How chanting enhances well-being: The roles of vocalization, repetition, and concentration. *Mindfulness*. <https://doi.org/10.1007/s12671-026-02951-2>

—————2026—————

3. Vannoy, T. K., Cadieux, S., & **Lyubomirsky, S.** (2026). Human 2.0? AI and the future of well-being and personal growth: A narrative review. *Behavioral Sciences*, 16, 909.
4. Vannoy, T. K., Walsh, L. C., Liao, L., & **Lyubomirsky, S.** (2026). Individual differences in the affective experience of writing a gratitude letter: Who benefits most? *Behavioral Sciences*, 16, 232.
5. Martinez, R. L., **Lyubomirsky, S.**, & Cole, S. W. (2026). An extraverted behavior intervention improves gene expression. *Brain, Behavior, & Immunity*, 134. <https://doi.org/10.1016/j.bbi.2026.106299>

—————2025—————

6. Martinez, R. L., Radošić, N., Molla, H., de Wit, H., & **Lyubomirsky, S.** (2025). The empathogen 3,4-methylenedioxymethamphetamine, but not methamphetamine, increases feelings of global trust. *Journal of Psychopharmacology*. Advance online publication. <https://doi.org/10.1177/02698811251370999>
7. Martinez, R. L., Regan, A., Gollwitzer, P., Oettingen, G., & **Lyubomirsky, S.** (2025). Increasing extraversion via intervention: Lay insights, person-activity fit, and implications for well-being and persistence. *Social and Personality Psychology Compass*, 19(2), <https://doi.org/10.1111/spc3.70043>
8. Martinez, R. L., Regan, A., Okabe-Miyamoto, K., & **Lyubomirsky, S.** (2025). Only the lonely: Learning, use of skills, and sense of meaning buffer the costs of reduced social connection for life satisfaction. *The Journal of Positive Psychology*. <https://doi.org/10.1080/17439760.2024.2394443>

—————2024—————

9. Walsh, L. C., Regan, A., Okabe-Miyamoto, K., & **Lyubomirsky, S.** (2024). Does putting away your smartphone make you happier? The effects of restricting digital media and social media on well-being. *PLOS ONE*, 19(10), e0306910. <https://doi.org/10.1371/journal.pone.0306910>
10. Gladstone, J. J., Ruberton, P. M., Margolis, S., & **Lyubomirsky, S.** (2024). Does variety in hedonic spending improve happiness? Testing alternative causal mechanisms between hedonic variety and subjective well-being. *BMC Psychology*, 12, 98. <https://doi.org/10.1186/s40359-024-01599-8>
11. Okabe-Miyamoto, K., Walsh, L. C., Ozer, D. J., & **Lyubomirsky, S.** (2024). Measuring the experience of social connection within specific social interactions: The Connection During

Conversations Scale (CDCS). *PLOS ONE*, 19(1), e0286408.
<https://doi.org/10.1371/journal.pone.0286408>

12. Elmer, T., Vannoy, T. K., Studerus, E., & **Lyubomirsky, S.** (2024). Subjective long-term emotional and social effects of recreational MDMA use: The role of setting and intentions. *Scientific Reports*, 14, 3434. <https://doi.org/10.1038/s41598-024-51355-6>

———2023———

13. Walsh, L. C., Regan, A., Twenge, J. M., & **Lyubomirsky, S.** (2023). What is the optimal way to give thanks? Comparing the effects of gratitude expressed privately, one-to-one via text, or publicly on social media. *Affective Science*, 4, 82-91. <https://doi.org/10.1007/s42761-022-00150-5>
14. Fritz, M. M., Margolis, S., Radošić, N., Revord, J. C., Rosen Kellerman, G., Nieminen, L. R. G., Reece, A., & **Lyubomirsky, S.** (2023). Examining the social in the prosocial: Episode-level features of social interactions and kind acts predict social connection and well-being. *Emotion*, 23(8), 2270–2285. <https://doi.org/10.1037/emo0001232>
15. Regan, A., Margolis, S., Ozer, D.J., Schwitzgebel, E., & **Lyubomirsky, S.** (2023). What is unique about kindness? Exploring the proximal experience of prosocial acts relative to other positive behaviors. *Affective Science*, 4, 92-100. <https://doi.org/10.1007/s42761-022-00143-4>
16. Regan, A., Walsh, L. C., & **Lyubomirsky, S.** (2023). Are some ways of expressing gratitude more beneficial than others? Results from a randomized controlled experiment. *Affective Science*, 4, 72-81. <https://doi.org/10.1007/s42761-022-00160-3>
17. Molla, H., Lee, R., **Lyubomirsky, S.**, & de Wit, H. (2023). Drug-induced social connection: Both MDMA and methamphetamine increase feelings of connectedness during controlled dyadic conversations. *Scientific Reports*, 13, 15846. <https://doi.org/10.1038/s41598-023-43156-0>
18. Okabe-Miyamoto, K., Margolis, S., & **Lyubomirsky, S.** (2023). Is variety the spice of happiness? More variety is associated with lower efficacy of positive activity interventions in a sample of over 200,000 happiness seekers. *The Journal of Positive Psychology*.
<https://doi.org/10.1080/17439760.2021.2006760>
19. Kubzansky, L. D., Kim, E. W., Boehm, J. K., Davidson, R. J., Huffman, J. C., Loucks, E. G., **Lyubomirsky, S.**, Picard, R., Schueller, S. M., Trudel-Fitzgerald, C. VanderWeele, T. J., Warran, K., Yeager, D. S., Yeh, C. S., & Moskowitz, J. T. (2023). Interventions to modify psychological well-being: What works, what doesn't work, and an agenda for future research. *Affective Science*, 4, 174-184. <https://doi.org/10.1007/s42761-022-00167-w>
20. Walsh, L. C., Montemayor-Dominguez, M., Horton, C., Boz, S. G., & **Lyubomirsky, S.** (2023). Worker well-being: A continuous improvement framework. *Applied Research in Quality of Life*, 18, 2993-3017. <https://doi.org/10.1007/s11482-023-10217-5>

———2022———

21. **Lyubomirsky, S.** (2022). Toward a new science of psychedelic social psychology: The effects of MDMA (ecstasy) on social connection. *Perspectives on Psychological Science*, 17(5), 1234-1257. <https://doi.org/10.1177/17456916211055369>

22. Reis, H. T., Regan, A., & **Lyubomirsky, S.** (2022). Interpersonal chemistry: What is it, how does it emerge, and how does it operate? *Perspectives on Psychological Science*, 17(2), 530-558. <https://doi.org/10.1177/1745691621994241>
 23. Regan, A., Radošić, N., & **Lyubomirsky, S.** (2022). Experimental effects of social behavior on well-being. *Trends in Cognitive Sciences*, 26(11), 987-998. <https://doi.org/10.1016/j.tics.2022.08.006>
 24. Walsh, L. C., Regan, A., & **Lyubomirsky, S.** (2022). The role of actors, targets, and witnesses: Examining gratitude exchanges in a social context. *The Journal of Positive Psychology*, 17(2), 233-249. <https://doi.org/10.1080/17439760.2021.1991449>
 25. Regan, A., Fritz, M. M., Walsh, L. C., **Lyubomirsky, S.**, & Cole, S. W. (2022). The genomic impact of kindness to self vs. others: A randomized controlled trial. *Brain, Behavior, & Immunity*, 106, 40-48. <https://doi.org/10.1016/j.bbi.2022.07.159>
 26. Armenta, C. N., Fritz, M. M., Walsh, L. C., & **Lyubomirsky, S.** (2022). Satisfied yet striving: Gratitude promotes life satisfaction and improvement motivation in youth. *Emotion*, 22(5), 1004-1016. <https://doi.org/10.1037/emo0000896>
 27. Aknin, L. B., De Neve, J-E., Dunn, E. W., Fancourt, D. E., Goldberg, E., Helliwell, J. F., Jones, S. P., Karam, E., Layard, R., **Lyubomirsky, S.**, Rzepa, A., Saxena, S., Thornton, E. M., VanderWeele, T. J., Whillans, A. V., Zaki, J., Caman, O. K., & Ben Amor, Y. (2022). Mental health during the first year of the COVID-19 pandemic: A review and recommendations for moving forward. *Perspectives on Psychological Science*, 17(4), 915-936. <https://doi.org/10.1177/17456916211029964>
- *681 citations
28. Parnia, S., Post, S., Lee, M., **Lyubomirsky, S.**, Aufderheide, T., Greyson, B., Long, J., Gonzales, A., Hyppert, E., Dickinson, A., Fricchione, G., Mayer, S., Locicero, B., Levin, J., Bossis, J., Worthington, E., Fenwick, P., & Keshavarz Shirazi, T. (2022). Guidelines and standards for the study of death and recalled experiences of death. *Annals of the New York Academy of Sciences*, 1511(1), 5-21. <https://doi.org/10.1111/nyas.14740>
- *In the top 10 most-cited papers in *Annals of the New York Academy of Sciences* (Jan 2022-Dec 2023).
 *In the top 10 most-downloadable papers ever in *Annals of the New York Academy of Sciences* (Jul 2024)
29. Margolis, S., Schwitzgebel, E., Ozer, D. J., Martinez, R., & **Lyubomirsky, S.** (2022). Two new subjective measures of “objective” well-being: The Riverside Eudaimonia Scale and the Rich & Sexy Well-Being Scale. *International Journal of Well-Being*, 12(1), 1-20. <https://doi.org/10.5502/ijw.v12i1.1575>
 30. Haydon, M. D., Walsh, L. C., Fritz, M. M., Rahal, D., **Lyubomirsky, S.**, & Bower, J. B. (2022). Kindness interventions for early-stage breast cancer survivors: An online pilot randomized controlled trial. *The Journal of Positive Psychology*, 18(5), 743-754. <https://doi.org/10.1080/17439760.2022.2093786>
 31. Walsh, L. C., Armenta, C. N., Itzchakov, G., Fritz, M. M., & **Lyubomirsky, S.** (2022). More than merely positive: The immediate and affective motivational consequences of expressing gratitude. *Sustainability*, 14, 8679. <https://doi.org/10.3390/su14148679>

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32. Regan, A., Margolis, S., de Wit, H., & **Lyubomirsky, S.** (2021). Does $\pm$ 3,4-methylenedioxymethamphetamine (ecstasy) induce subjective feelings of social connection in humans? A multilevel meta-analysis. *PLOS ONE*, 16(10): e0258849. <https://doi.org/10.1371/journal.pone.0258849>
33. Okabe-Miyamoto, K., Folk, D., **Lyubomirsky, S.**, & Dunn, E.W. (2021). Changes in social connection during COVID-19 social distancing: It's not (household) size that matters, it's who you're with. *PLOS ONE*, 16(1), e0245009. <https://doi.org/10.1371/journal.pone.0245009>
34. Sheldon, K. M., & **Lyubomirsky, S.** (2021). Revisiting the Sustainable Happiness Model and pie chart: Can happiness be successfully pursued? *The Journal of Positive Psychology*, 16(2), 145-154. <https://doi.org/10.1080/17439760.2019.1689421>
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32. **Lyubomirsky, S.** (2008, December 27). Happy, despite it all: How a new outlook can help us cope – even thrive – in adversity. *Riverside Press-Enterprise*, E1, E4.
33. **Lyubomirsky, S.** (2010, December). Become happier. *Personal Excellence*, 7.
34. **Lyubomirsky, S.** (2011). In S. Rowan (Ed.), *Brilliant Career Coach – How to find and follow your dream career*. Upper Saddle River, NJ: FT Press.
35. **Lyubomirsky, S.** (2010). What about genetics? In L. Bormans (Ed.), *The world book of happiness* (pp. 64-65). Page One.
36. **Lyubomirsky, S.** (2012). Sonja Lyubomirsky. In A. Jarden (Ed.), *Positive psychologists on positive psychology* (pp. 18-24). Amazon Media: Kindle Edition.
37. **Lyubomirsky, S.** (2006). Is it possible to become lastingly happier? Lessons from the modern science of well-being. In *Vancouver Dialogues* (pp. 53-56). Truffle Tree Publishing.
38. **Lyubomirsky, S.** (2008, January). Work may hold the key to your happiness. *Harvard Community Resource*, XVII, 3.
39. **Lyubomirsky, S.** (2008). Happiness. In G. Stone (Ed.), *The 12-step Bush recovery program* (pp. 118-120). Villard.
40. **Lyubomirsky, S., & Jacobs, K. M.** (2010). Comment construire un bonheur durable. [How to build lasting happiness.] *Cerveau & Psycho: Le magazine de la psychologie et des neurosciences*, 37, 62-64.
41. **Lyubomirsky, S., & Jacobs Bao, K.** (2013). Ein stück glück. [How to build lasting happiness.] *Gehirn und Geist*, 12, 24-28.

UNDER REVIEW

1. Schöne, J. P., Salecha, A., **Lyubomirsky, S.**, Eichstaedt, J. C., & Willer, R. (2026). *Structured AI dialogues can increase happiness and meaning in life*. Manuscript under review.
2. Szaszi, B., Dunn, E., Folk, D., Clelland, H. T., Maier, M., Szecsi, P., Singmann, H., Kovacs, M., Takayanagi, J. F. G. B., Maheshka, C., **Lyubomirsky, S.**, Whillans, A., Sun, J., Aknin, L. B., Oishi, S., Pressman, S. D., Lucas, R., White, M. P., Sparacio, A., . . . Coles, N. A. (2026). *A global megastudy of the effectiveness of popular activities for promoting happiness* [Stage 1 Registered Report, unpublished manuscript]. Zenodo. <https://doi.org/10.5281/zenodo.22788118>

3. Walsh, L. C., Okabe-Miyamoto, K., Regan, A., Twenge, J. M., & **Lyubomirsky, S.** (2023). *The association between well-being and objectively measured versus self-reported smartphone time*. Manuscript under review.
4. Molla, H., Smadi, S., **Lyubomirsky, S.**, Li, T., & de Wit, H. (2024). *Deconstructing dialogue: What drives feelings of connectedness in conversations?* Manuscript under review.
5. Radošić, N., Collier, E., Reece, A., Martinez, R., Regan, A., & **Lyubomirsky, S.** (2022). *What happens after a brief online conversation with a stranger? Effects of two conversation formats on mood, subjective perceptions, and objective conversational behaviors*. Manuscript under review.

GRANTS

Current Grants

- | | |
|----------------------|---|
| 09-01-24 to 8-31-27 | The effects of high-quality listening on psychological and physiological well-being through the expansion of the perception box. The Science of Perception Box. Tiny Blue Dot Foundation. Amount of Award: \$899,232. PI: Lyubomirsky, S. |
| 01-01-25 to 12-31-26 | Interventions to increase partner acceptance. Deam Family Fund, Center of Partner Acceptance. Amount of Award: \$26,250. PI: Lyubomirsky, S. |
| 01-01-23 to 12-31-26 | Fostering friendship and connection via conversation: Exploring person, relationship, and conversation features. Kaufman Foundation. Amount of Award: \$175,000. PI: Lyubomirsky, S. |

Grants Under Review

- | | |
|----------------------|---|
| 07-01-24 to 12-31-26 | Inducing curiosity and listening in the workplace. Center for Purpose and Performance, BetterUp. Amount of Award: \$99,882. PI: Lyubomirsky, S. DECLINED |
| 10-01-24 to 9-30-27 | Effects of MDMA (Ecstasy) administered during dyadic conversations on openness and connectedness: Testing three experimental biointerventions. The Science of Perception Box. Tiny Blue Dot Foundation. PI: Lyubomirsky, S. DECLINED |
| 10-01-23 to 9-30-27 | The effects of high-quality listening on speakers' and listeners' proximal and long-term subjective well-being. United States-Israel Binational Science Foundation. Amount of Award: \$110,713. PI: Itzhakov, G. PI: Lyubomirsky, S. DECLINED |
| 09-01-22 to 8-31-24 | Primals and personality change: Does experimentally manipulated extraversion alter primal beliefs? Primals Research Awards. The University of Pennsylvania and Templeton Religion Trust. PI: Lyubomirsky, S. DECLINED |

- 09-01-22 to 8-31-24 Primals and positive psychology: Can kindness-based interventions shift primal beliefs and increase psychological well-being? Primals Research Awards. The University of Pennsylvania and Templeton Religion Trust. PI: Lyubomirsky, S. DECLINED
- 09-01-21 to 8-31-26 Increasing social connectedness after cancer to promote resilience. National Institute of Health. Amount of Subcontract Award: \$172,437. PI: Fredrickson, B. L. Co-Is: Lyubomirsky (Subcontract), S., Nichols, H. DECLINED
- Scientific consortium for innovations on biological and behavioral underpinnings of human flourishing (SCI-BBUHF): An open science, many labs discovery venture. Grand Challenges for Human Flourishing. Templeton World Charity Foundation. Co-Is: Fredrickson, B. L. & Lyubomirsky, S. DECLINED
- Building a new science of psychedelic social psychology with Many Labs: The effects of $\pm$ 3,4-methylenedioxymethamphetamine (MDMA) on social connection. Grand Challenges for Human Flourishing. Templeton World Charity Foundation. PI: Lyubomirsky, S. DECLINED

Previous Grants

- 05-01-23 to 01-31-25 The genomic and well-being impacts of an extraversion behavior intervention: Assessing the moderating roles of dispositional introversion and shyness. Network for Emotional Well-Being (Subaward of NIA Grant # U24AG072699). Amount of Award: \$155,426. PI: Martinez, R. (Ph.D student)
- 11-01-18 to 10-31-21 Is gratitude only for the self? Exploring the benefits of expressing, sharing, receiving, and witnessing. John Templeton Foundation. Amount of Award: \$410,858. PI: Lyubomirsky, S.
- 01-01-18 to 12-31-20 A randomized controlled trial of the effects of face-to-face versus technology-mediated aspirational and remedial prosocial behavior. HopeLab. Amount of Award: \$5,000. PI: Lyubomirsky, S. Co-PIs: Revord, J., Fritz, M. M., & Walsh, L. C.
- 07-01-18 to 09-30-20 Face-to-face versus technology-mediated prosocial interactions: A randomized controlled trial of the gene regulatory impact of prosocial behavior. HopeLab. Amount of Award: \$42,600. PI: Lyubomirsky, S. Co-PIs: Fritz, M. M., Revord, J., & Walsh, L. C.
- 01-01-18 to 12-31-20 Coding kindness: An analysis of 6.324 prosocial acts. HopeLab. Amount of Award: \$5,000. PI: Lyubomirsky, S. Co-PIs: Fritz, M. M., Revord, J., & Walsh, L. C.
- 12-01-16 to 09-30-20 Prosocial behavior and telomere length. HopeLab. Amount of Award: \$75,000. PI: Lyubomirsky, S.

08-01-16 to 07-31-18	The folk philosophy of well-being: Targeting psychological interventions to match people's philosophical views. Integrating Research Across the Disciplines competition. Amount of Award: \$251,000. PI: Lyubomirsky, S. co-PIs: Schwitzgebel, E. and Ozer, D. J.
01-05-15 to 11-04-18	How can people become lastingly more humble? Development of a long-term humility-boosting program. John Templeton Foundation. Amount of Award: \$414,979. PI: Lyubomirsky, S.
09-01-16 to 08-31-18	Kindness to others or oneself: A pilot randomized controlled trial of two interventions to enhance well-being in breast cancer survivors. UC Intercampus Consortium on Health Psychology. Amount of Award: \$5,000. PI: Bower, J. E. co-PI: Lyubomirsky, S.
01-01-18 to 12-31-18	Kindness online and in-person: More than skin deep. 2018 UCR Healthy Campus Initiative. Amount of Award: \$1,500. PI: Revord, J. Co-PI: Lyubomirsky, S., Fritz, M. M., & Walsh, L. C.
07-01-15 to 06-30-17	Gratitude as a trigger of self-improvement in adolescents. Bridging Research and Practice: Character Lab competition. Amount of Award: \$142,888. PI: Lyubomirsky, S.
01-01-17 to 03-05-17	Inaugural University of California Well-Being Conference. SPSP Small Conference Grant Award. Amount of Award: \$5,000. PI: Lyubomirsky, S.
11-01-14 to 12-31-16	Well-being and physiological outcomes of committing acts of kindness for self, others, and world. HopeLab. Amount of Award: \$26,500. PI: Lyubomirsky, S.
09-01-12 to 12-31-16	Make someone happier and live this month like it's your last: A test of two new happiness interventions. Seoul National University, <i>Center for Happiness Studies</i> . Amount of Award: \$20,000. PI: Lyubomirsky, S.
09-01-11 to 08-31-14	Approaching humility as a state: Measurement, antecedents, causes, and consequences. <i>John Templeton Foundation</i> . Amount of Award: \$299,986. PI: Lyubomirsky, S.
01-01-11 to 12-31-12	Ripples of generosity: Triggers, social propagation, and outcomes. University of Notre Dame, <i>Science of Generosity competition</i> . Amount of Award: \$150,000. PI: Lyubomirsky, S.
04-01-13 to 10-31-14	Affective and cognitive outcomes of acts of kindness for self, others, and world. HopeLab. Amount of Award: \$26,000. PI: Lyubomirsky, S.
07-01-12 to 06-31-13	Gratitude as a trigger of self-improvement efforts. COR Fellowship, Committee on Research, University of California, Riverside. Amount of Award: \$7,500. PI: Lyubomirsky, S.

01-01-10 to 12-31-11	How and why do positive activity interventions work to enhance happiness?: The role of variety, commitment, social support, and motivation. Seoul National University, <i>Center for Happiness Studies</i> . Amount of Award: \$20,000. PI: Lyubomirsky, S.
01-01-11 to 12-31-13	Well-being and “kaiteki” in the workplace: Investigating the role of natural environments and positive activities across cultures, family structures, and age groups. Mitsubishi Chemical Holdings Corporation, <i>The Kaiteki Institute</i> . Amount of Award: \$63,290. PI: Lyubomirsky, S.
01-01-11 to 12-31-13	Effects of an experimental longitudinal intervention at a Japanese workplace on well-being, body motion, and face-to-face social interactions. Hitachi, Ltd., <i>Advanced Research Laboratory</i> . Amount of Award: \$18,800. Dates of Award: 01-01-11 to 12-31-13. PI: Lyubomirsky, S.
01-01-04 to 12-31-09	Sustainable change in long-term positive affect. <i>RO1, National Institutes of Health</i> . Total Award: \$1,008,572. PI: Lyubomirsky, S. Co-PI: Sheldon, K.
2002	Science of happiness. <i>John Templeton Foundation and the American Psychological Association</i> , \$35,000, Award: Lyubomirsky, S.
12-01-98 to 11-30-99	Ruminative responses to negative emotions. <i>B/START, National Institute of Mental Health</i> , \$25,000, PI: Lyubomirsky, S.
07-01-98 to 06-30-99	Effects of rumination on delay to seek help for breast cancer symptoms. <i>Cancer Research Coordinating Committee, University of California</i> , \$30,000, PI: Lyubomirsky, S.

PATENT

Zilca, R., McGrath, R., **Lyubomirsky, S.**, & Sweeney, M. (2013). Mobile system and method for addressing symptoms related to mental health conditions. U.S. Patent 20,110,066,036. Washington, DC: U.S. Patent and Trademark Office.

PRESENTATIONS

Keynote Addresses

May 2027	“Read 2 Succeed” Featured Author Lecture, Riverside Community College District	Norco, CA
May 2027	Speaker Series, Sálarfroði	Tórshavn, Faroe Islands
May 2027	Psi Chi Distinguished Lecturer	Pasadena, CA
Feb 2027	Presidential Lecture Series, University of Montana	Missoula, MT
Nov 2026	California Mobility and Parking sAssociation	Los Angeles, CA

Sep 2026	Mind Summit 2026, Mind Institute	São Paulo, BRAZIL
Jun 2026	2026 World Congress of Cognitive and Behavioural Therapies	San Francisco, CA
May 2026	10 th Anniversary Conference of the Western Positive Psychology Association	Claremont, CA
Oct 2025	SAGE Center Speaker, SAGE Center for the Study of the Mind	University of California, Santa Barbara
Jul 2025	Edward F. Diener Lecture, International Society for Quality of Life Studies 30 th Anniversary Conference	Luxembourg City, LUXEMBOURG
Jun 2025	Learn–Grow–Thrive: Administrative Professionals Conference, California University of Science and Medicine	Colton, CA
Apr 2025	Faculty Research Lecturer Award, Academic Senate	Riverside, CA
Oct 2024	Happiness@Work Conference	Prague, CZECH REPUBLIC
Sep 2024	Ngee Ann Kongsi Lecture, Singapore Management University	SINGAPORE (virtual)
Jun 2024	Tubgoat Institute Summit	Sun Valley, ID
Jun 2024	International Society of Schema Therapy	Warsaw, POLAND (virtual)
May 2024	Annual Conference of the Western Positive Psychology Association	Albuquerque, NM
Nov 2023	Casey Fellow Speaker Series, Upper Canada College	Toronto, CANADA
Aug 2023	Executive Leadership Retreat on Convening, American Leadership Forum	Sacramento, CA
Nov 2022	Yeey Well-Being Conference	Tokyo, JAPAN
Jul 2022	21 st European Conference on Personality	Madrid, SPAIN
Apr 2022	Counseling Speaker’s Series, Goucher College	Towson, MD
Mar 2022	Society for Affective Science, Ninth Annual Conference, Positive Emotions Preconference	Virtual
Nov 2021	Honorary Doctorate Lecture, University of Basel	Basel, SWITZERLAND
Nov 2021	“Read 2 Succeed” Featured Author Lecture	Norco, CA
Mar 2021	Mental Health Asia Conference	Virtual
Dec 2020	Google Ireland Conference	Virtual
Dec 2020	Nordic Webinar for Student Well-Being	Virtual
Dec 2020	51 st Annual Scientific Meeting of the Association for Applied Psychophysiology and Biofeedback	Virtual
Oct 2020	VESTED Magazine Meeting, CAPTRUST	Virtual
Feb 2020	Happiness & Well-Being Preconference of the Annual Meeting of the Society for Personality and Social Psychology	New Orleans, LA
Nov 2019	Global Human Resources Forum 2019	Seoul, REPUBLIC OF KOREA

Sep 2019	Women's Leadership Conference, Mount Saint Mary's University	Los Angeles, CA
Jul 2019	6 th World Congress on Positive Psychology, International Positive Psychology Association	Melbourne, AUSTRALIA
Jul 2019	Educator Summit	Philadelphia, PA
Apr 2019	Integrative Mental Health Conference	San Francisco, CA
Apr 2019	Positive Education Schools Association Conference	Gold Coast, Queensland, AUSTRALIA
Mar 2019	World Happiness Summit	Miami, FL
Aug 2018	The 2018 Lowcountry Mental Health Conference	Charleston, SC
Feb 2018	2 nd Global Dialogue for Happiness.	Dubai, UNITED ARAB EMIRATES
Jul 2017	5 th World Congress on Positive Psychology, International Positive Psychology Association	Montreal, QC, CANADA
May 2017	FAMILY: A Jockey Club Initiative for a Harmonious Society Workshop, School of Public Health, The University of Hong Kong	HONG KONG
Apr 2017	Life, Liberty, and the Pursuit of Happiness: Perspectives on Self-Government, Public Affairs Conference, Missouri State University	Springfield, MO
Mar 2017	World Happiness Summit	Miami, FL
Nov 2016	Marion County Health Department	Indianapolis, IN
Sep 2016	Harvard Coaching Conference, Institute of Coaching and Harvard Medical School	Boston, MA
Aug 2016	1er Congreso Internacional De Felicidad en el Trabajo y en la Vida	Bogotá, COLOMBIA
Jul 2016	Reality Therapy International Conference, Korea Counseling Center	Seoul, SOUTH KOREA
Jun 2016	Natural Medicine Conference, Health World Limited	Brisbane, AUSTRALIA
Apr 2016	17 th Annual Psychfest, Department of Psychology, University of Texas	Austin, TX
Apr 2016	2016 Happiness & Its Causes Conference	Sydney, AUSTRALIA
Mar 2016	BI Worldwide Forum	Austin, TX
Feb 2016	Work Happier Forum	Las Vegas, NV
Nov 2015	World's Better With You Foundation Conference	Budapest, HUNGARY
Oct 2015	BI Worldwide Executive Forum	Minneapolis, MN
Aug 2015	UC All CAPS Staff Conference 2015, UC Office of the President	Los Angeles, CA
May 2015	17 th International Conference on Energy Psychology, Association for Comprehensive Energy Psychology	Reston, VA
May 2015	Advance LA Conference: The Science of Happiness—Purpose, Connection, Optimism, and Grit, American Jewish University	Los Angeles, CA

Apr 2015	Student Arts & Research Symposium, University of Illinois	Springfield, IL
Apr 2015	Think.Work.Live Positive Conference & Workshop 2	Kuwait City, KUWAIT
Apr 2015	Her Village International Forum	Beijing, PEOPLE'S REPUBLIC OF CHINA
Mar 2015	Hispanicize Week 2015	Miami, FL
Oct 2014	26 th Annual Convention, Los Angeles County Psychological Association	Culver City, CA
Oct 2014	2 nd Forum on Happiness, Instituto de Ciencias de la Felicidad, Universidad Tecmelenio.	Mexico City, MEXICO
Sep 2014	W. David Baird Distinguished Lecture Series, Seaver College, Pepperdine University	Malibu, CA
Sep 2014	Women in Healthcare Forum, Cleveland Clinic	Cleveland, OH
Aug 2014	Corporate Wellbeing Conference, Seminarium International	Santiago, CHILE
Aug 2014	Chilean Institute of Positive Psychology	Santiago, CHILE
Jul 2014	Positive Psychology and Coaching Conference	Huntington Beach, CA
Jul 2014	Second Canadian Conference on Positive Psychology	Ottawa, CANADA
May 2014	Happiness in Germany Congress, German Happiness Institute	Berlin, GERMANY
Apr 2014	Leading to Well-Being: Thriving Together, George Mason University	Fairfax, VA
Feb 2014	Roehr Memorial Lecture, Stein Institute for Research on Aging, University of California, San Diego	San Diego, CA
Nov 2013	Hong Kong Police Psychological Services Group	HONG KONG
Oct 2013	2013 Seoul International Education Forum	Seoul, REPUBLIC OF KOREA
Sep 2013	Faith, Reason, and World Affairs Symposium, Concordia College	Moorhead, MN
Nov 2012	2012 Big Huddle, Event Network, Inc.	San Diego, CA
Apr 2012	18 th Annual Utah State University Counseling and Psychological Services Conference	Logan, UT
Oct 2011	Actively Happier Conference	Des Moines, IA
Oct 2010	5th Annual National Synergy Conference in Psychology	Denver, CO
Apr 2010	Department of Surgery, Washington University School of Medicine	St. Louis, MO
Feb 2010	Nielsen 2010 Training Conference	San Diego, CA
Oct 2009	U.S. Army Recruiting Command's Annual Leaders' Training Conference	Tampa, FL
Jun 2009	Newcastle and Gateshead Children's Services, Northumbria University	Newcastle Upon Tyne, UNITED KINGDOM
May 2009	4 th International Conference on Happiness & Its Causes	Sydney,

Jan 2009	MentorCoach Annual Conference	AUSTRALIA Sedona, AZ
Dec 2008	National Institute for the Clinical Application of Behavioral Medicine Conference	Hilton Head Island, SC
Nov 2008	MediaCat Forum	Istanbul, TURKEY
Oct 2008	VII Brazilian Congress of Quality of Life	Sao Paulo, BRAZIL
May 2008	12 th Annual Psychology Research Conference for Southern California Community Colleges, Irvine Valley College	Irvine, CA
May 2006	Sixth Conference on Psychology and Health	Kerkrade, NETHERLANDS

Invited Talks

Mar 2027	The Woman's Club	Richmond, VA
Feb 2027	The GPS Parent Series	Los Angeles, CA
Nov 2026	The Silicon Guild	Los Angeles, CA
Sep 2026	Mind Summit 2026 Workshop	São Paulo, BRAZIL
Sep 2026	MAPP Summit	Philadelphia, PA
May 2026	Spark Salon, Unlikely Collaborators	Santa Monica, CA
May 2026	The Help Group, Mental Health Matters Breakfast	Sherman Oaks, CA
May 2026	Full Bloom Workshop	Cobb, CA
May 2026	Full Bloom Ignite Talk	Cobb, CA
Feb 2026	Young Presidents Organization, Monterrey Chapter	Monterrey, MEXICO
Feb 2026	Young Presidents Organization, Mexico City Chapter	Mexico City, MEXICO
Feb 2026	All-Ivy Love Bash	West Los Angeles, CA
Nov 2025	The Women's Fund of Greater Milwaukee	Milwaukee, WI
Nov 2025	Jewish Family Service of the Desert	Rancho Mirage, CA
Nov 2025	TED Ignite Talk, TEDNext, Mainstage	Atlanta, GA
Oct 2025	North Carolina Rheumatology Association	Virtual
Sep 2025	Northrop Grumman Management Club 75 th Anniversary Speakers Series	Lancaster, CA
Sep 2025	Northrop Grumman Management Club 75 th Anniversary Speakers Series	Rancho Palos Verdes, CA
Apr 2025	Pruitt Center for Mindfulness and Well-Being, University of Wisconsin-Superior	Virtual
Nov 2024	Summit Baja	Cabo San Lucas, MEXICO
Oct 2024	Influencers Conference	Nyack, NY
Aug 2024	Women's Coaching Collective	Santa Monica, CA

May 2024	Presidents Summit	Copenhagen, DENMARK
May 2024	International Forum on Consciousness, Usona Institute	Madison, WI
May 2024	Olympus: Connect To Your Highest Self, Grateful Giraffes	Los Angeles, CA
Apr 2024	Talk and dialogue with HH the Dalai Lama at 2024 Summit on Transcendence	Dharamsala, INDIA
Nov 2023	All Employee Lecture, Upper Canada College	Toronto, CANADA
Oct 2023	MAPP Summit	Philadelphia, PA
Sep 2023	Resilience Lecture Series, Houston Methodist Hospital	Virtual
Aug 2023	Spirituality and Wellness Summit, The National Jewish Retreat	Desert Springs, CA
Jun 2023	Leadership & Happiness Symposium, Harvard Kennedy School	Cambridge, MA
Mar 2023	Uplift by BetterUp	San Francisco, CA
Jan 2023	ICF Meeting, International Coaching Federation	Toronto, CANADA
Nov 2022	Inspired Culture: The Salon	Los Angeles, CA
Nov 2022	American Dental Education Association Dean's Conference	Scottsdale, AZ
Jun 2022	Young Presidents Organization, Los Angeles Chapter	Del Mar, CA
May 2022	Limmud FSU New York	Parsippany, NJ
Apr 2022	Young Presidents Organization, Silicon Valley Chapter	Woodside, CA
Dec 2021	Symposium, Department of Emergency Medicine, Cedars-Sinai Hospital	Los Angeles, CA
Jul 2021	Annual Meeting of the American Association of Colleges of Pharmacy	Virtual
Jul 2021	Jane Street Europe, Summer Speaker's Series	Virtual
May 2021	Arnold Gilberg Wellness Lectureship, Cedars-Sinai Health System	Virtual
May 2021	60-Second Keynote, Speaker's Corner Night at the Owl Bar, Annual Sundance Meeting	Virtual
Jan 2021	Latham & Watkins, Women Lawyers Group	Virtual
Jan 2021	Leverage & Growth Accelerator, Physicians Community	Virtual
Nov 2020	Google UX Team	Virtual
Sep 2020	Marion Minor Cook Athenaeum, Claremont McKenna College	Virtual
Sep 2020	Psych Congress 2020	Virtual
Jul 2020	Silver Tip Ranch	Slough Creek, MT
Jul 2020	CHRO Council	Virtual
Jun 2020	Cornerstone Women's Forum	Virtual
Dec 2019	The Titan Summit 2019	Toronto, CANADA
Jul 2019	6 th World Congress on Positive Psychology, International Positive Psychology Association	Melbourne, AUSTRALIA
Jun 2019	Boston Women's Forum	Boston, MA
May 2019	Harvard Class of 1989 Lecture, Harvard University	Cambridge, MA

May 2019	Positive Fridays, Division of Behavioral and Organizational Sciences, Claremont Graduate University	Claremont, CA
May 2019	Introductory Team Meeting, PTK Capital & Dreamscape Team	Beverly Hills, CA
Apr 2019	Lab Talk, Department of Psychology, New York University	New York, NY
Mar 2019	9 th Annual Wellness Summit, Stanford Health Promotion Network	Stanford, CA
Mar 2019	The Happiness Puzzle: Science, the Arts, and Psychoanalysis, New Center for Psychoanalysis	Beverly Hills, CA
Nov 2018	Happiness@Work Conference	Prague, CZECH REPUBLIC
Nov 2018	New York Women's Forum Series	New York, NY
Nov 2018	International Bullying Prevention Association Conference	San Diego, CA
Oct 2018	Bay Area Women's Forum Series	San Francisco, CA
Oct 2018	United Cargo Convention	La Jolla, CA
Oct 2018	The 19 th World Knowledge Forum	Seoul, SOUTH KOREA
Jun 2018	HopeLab Meeting	San Francisco, CA
May 2018	Society for the Teaching of Psychology, Association of Psychological Science	San Francisco, CA
Apr 2018	Society for Affective Science, Fifth Annual Conference	Los Angeles, CA
Jan 2018	Port Life Speaker Series, Port of San Diego	San Diego, CA
Jun 2017	Science of Happiness Workshop, Marketing Department, YouTube	Palm Springs, CA
May 2017	FAMILY Symposium 2017—Positive Family Well-Being, School of Public Health, The University of Hong Kong	HONG KONG
Apr 2017	Annual Fundraiser, Southern California Counseling Center	Los Angeles, CA
Mar 2017	19 th Annual Sydney Symposium of Social Psychology	Sydney, AUSTRALIA
Jan 2017	Board of Directors, Harvard Club of Southern California	Los Angeles, CA
Nov 2016	Life Strategy Conference	Scottsdale, AZ
Nov 2016	The Milken School	Los Angeles, CA
Sep 2016	Rekhi Centre for the Science of Happiness	Kharagpur, INDIA
Sep 2016	Business Leaders Forum, Indian Institute of Technology	Kharagpur, INDIA
Oct 2016	Finding Happiness and Meaning in the Midst of Abundance, B/O/S University	San Francisco, CA
Apr 2016	Women Leaders Summit, United Way of Greater Los Angeles	Beverly Hills, CA
Apr 2016	2016 Happiness & Its Causes Conference Workshop	Sydney, AUSTRALIA
Mar 2016	A Symposium Honoring the Career of Barry Schwartz, Department of Psychology, Swarthmore College	Swarthmore, PA
Mar 2016	The Maret School	Washington D. C.
Feb 2016	The Harker School	San Jose, CA
Feb 2016	Crystal Springs Uplands School	Hillsborough, CA

Nov 2015	TCI Wealth Advisors Life Strategy Conference	Santa Monica, CA
Sep 2015	St. Genevieve High School	Panorama City, CA
Jun 2015	Enandes Congreso Internacional	Santiago, CHILE
Apr 2015	The Second National Summit on Building Healthy Academic Communities	Irvine, CA
Apr 2015	Think.Work.Live Positive Conference & Workshop 2	Kuwait City, KUWAIT
Mar 2015	Psychology Speaker Series, RAND Corporation	Santa Monica, CA
Nov 2014	Annual Meeting of the Society of Dermatology Physician Assistants	San Diego, CA
Sep 2014	Latin-American Scientific Series	Buenos Aires, ARGENTINA
Apr 2014	District VIII of the American College of Obstetricians and Gynecologists	San Diego, CA
Apr 2014	Speak to Me	Mill Valley, CA
Feb 2014	Harvard-Westlake School	Los Angeles, CA
Nov 2013	Hong Kong Police management	HONG KONG
Nov 2013	Hong Kong Police Force	HONG KONG
Jul 2013	Senior Delegates Roundtable, Fixed Income Forum	San Diego, CA
Apr 2013	Young Presidents Organization, Santa Monica Bay Chapter	Santa Monica, CA
Feb 2013	2013 Positive Psychology Leaders Series (by phone), International Positive Psychology Association	Santa Monica, CA
Apr 2012	Inaugural meeting of Compak Asset Management	Newport Beach, CA
Oct 2010	2010 ICF Annual International Conference, International Coach Federation	Fort Worth, TX
Oct 2010	Coca-Cola Happiness Institute	Madrid, SPAIN
Apr 2010	Elliot Sokoloff Conference Day, Jewish General Hospital, McGill University	Montreal, BC, CANADA
Mar 2010	7th Annual Miriam O. Smith Educational Series, Jewish Family Service	Cincinnati, OH
Feb 2010	Quality of Life Forum, Santa Monica Public Library	Santa Monica, CA
Nov 2009	David Astle Memorial Lecture, Severn School	Severna Park, MD
Sep 2009	Greater Good Seminar Series	Los Angeles, CA
May 2009	4 th International Conference on Happiness & Its Causes	Sydney, AUSTRALIA
Mar 2009	Mind and Supermind: Expanding the Limits of Consciousness, Santa Barbara Community College	Santa Barbara, CA
Dec 2008	2008 Positive Psychology Leaders Series (by phone), International Positive Psychology Association	Santa Monica, CA
Nov 2008	SMC Associates, Santa Monica College	Santa Monica, CA
Nov 2008	MediaCat Forum	Istanbul, TURKEY

Oct 2008	Beyond Belief Conference, Candles in the Dark, The Salk Institute	La Jolla, CA
Sep 2008	SNAP! Conference, The Boulder Theater	Boulder, CO
Jul 2008	Aquarium of the Pacific	Long Beach, CA
Jul 2008	Compak Asset Management	Irvine, CA
Jun 2008	Unilever Mood Workshop, Consumer Perception & Behaviour	Rotterdam, THE NETHERLANDS
May 2008	Affiliates of UC Riverside Lunch Meeting, UC Riverside	Riverside, CA
Mar 2008	Authors Series, The Mirman School	Los Angeles, CA
Feb 2008	Google Authors Series, Google Headquarters	Santa Monica, CA
Feb 2008	The Help Group, Regency Club	Los Angeles, CA
Sep 2007	Masters Program in Positive Psychology, Positive Psychology Center, University of Pennsylvania	Philadelphia, PA
Jun 2007	First Annual Snuggle Senses Summit, Airth Castle	Scotland, UNITED KINGDOM
Dec 2006	Educational Week-End: "What is the good life?", Temple Isaiah	Los Angeles, CA
Sep 2006	Talk and dialogue with the Dalai Lama at the UBC Institute of Mental Health, Orpheum Theatre	Vancouver, CANADA
Sep 2005	Masters Program in Positive Psychology, Positive Psychology Center, University of Pennsylvania	Philadelphia, PA
Mar 2005	Citizens University Committee Breakfast Meeting, UC Riverside	Riverside, CA
May 2004	Staff Training in Extramural Programs Forum, National Institute of Health	Bethesda, MD
Apr 2004	Public Lecture, University of Oklahoma	Norman, OK
Aug 2003	2003 Positive Psychology Summer Institute	Montchanin, DE
May 2003	Annenberg Conference, University of Pennsylvania	Philadelphia, PA
Oct 2002	Office of Development, UC Riverside	Riverside, CA
May 2002	Templeton/APA Positive Psychology Prize Symposium, University of Pennsylvania	Philadelphia, PA
Apr 2002	Southern California Positive Psychology Conference, Peter F. Drucker School of Management, Claremont Graduate University	Claremont, CA
Feb 2002	Templeton Selection Day, University of Pennsylvania	Philadelphia, PA

Department/Area/Campus Colloquia

Mar 2026	Kaiser Permanente, San Francisco Medical Center	Grand Rounds
Oct 2023	Graduate School of Business, Stanford University	First-Year MBA Students
Sep 2023	Albert Einstein College of Medicine and Montefiore Medical Center	Department of Medicine, Grand Rounds
Aug 2023	UC Berkeley	Colloquium Speaker Series, Institute for

		Personality and Social Research
Aug 2023	UCB Haas School of Business	Management of Organizations Talk Series
Mar 2023	University of British Columbia	Social/Personality Area Workshop
Feb 2023	University of California, San Francisco	Coffee and Science Series, Center for Health and Community
Dec 2022	University of Texas, Austin	Behavioral Sciences Colloquium
Nov 2022	Arizona State University	Colloquium Series In Honor of Robert Cialdini, Department of Psychology
Nov 2022	University of Southern California	Social Psychology Brown Bag Series
May 2022	University of Maryland, College Park	Engineering for Social Change, Center for Engineering Concepts Development in Mechanical Engineering
Mar 2022	University of Michigan	Department of Psychiatry, University of Michigan Medical School, Grand Rounds
Nov 2021	University of Massachusetts	Department of Psychiatry, University of Massachusetts Memorial Health & Medical School, Grand Rounds
Apr 2020	University of Missouri-Columbia	Social/Personality Psychology Brown Bag, Department of Psychological Sciences
May 2020	University of California, Riverside	Social/Personality Brown Bag, Department of Psychology
Apr 2019	Columbia University	Colloquium Series, Teachers College
Jan 2019	UCLA Anderson School of Management	Behavioral Decision Making Seminar
Aug 2018	University of Tulsa	William K. Warren, Jr. Frontiers in Neuroscience Lecturer, Laureate Institute for Brain Research
Mar 2018	Texas Tech University	Campus Talk
Oct 2017	Stanford University	Psychology Colloquium Series
Oct 2017	UNC Chapel Hill	Public Campus Lecture
Mar 2017	Ohio State University	Social Psychology Colloquium Series
Sep 2016	Indian Institute of Technology	The Science of Happiness Workshop
Mar 2016	Yale University	Department of Psychology Colloquium Series
Dec 2015	University of Southern California	Department of Psychiatry, Grand Rounds
Oct 2015	UC Riverside	Campus Talk, UCR Faculty/Staff Wellness Program & Campus Organizations
Sep 2015	UC Berkeley	IPSR Colloquium Series, Institute for Personality and Social Research
Apr 2015	Colgate University	Campus Talk, Natural Sciences Colloquium, Lampert Institute for Civic and Global Affairs
Mar 2015	Brown University	Campus Talk, Departments of Cognitive, Linguistic, & Psychological Sciences and Philosophy

Dec 2012	UC Santa Barbara	Friday Area Social Colloquium
May 2012	Stanford University	Grand Rounds Series, Department of Psychiatry & Behavioral Sciences
Nov 2010	University of Zurich	Research Colloquium, Life Span Development and Personality Masters Program
Apr 2009	Duke University	Seminar in Marketing, Fuqua School of Business,
Apr 2009	UCLA	Social Psychology Colloquium Series
Apr 2009	UC Irvine	Department of Psychology and Social Behavior
Apr 2009	San Diego State University	Department of Psychology
Mar 2008	Claremont Graduate University	Stauffer Colloquium Series
Sep 2007	UNC Chapel Hill	Social Psychology Colloquium Series
Apr 2007	The University of Chicago	Workshop Speaker Series, Center for Decision Research, Graduate School of Business
Apr 2007	University of Southern California	Social Psychology Brown Bag Series
Sep 2006	University of British Columbia	Social Area Workshop
Apr 2005	UCLA	Social Psychology Colloquium Series
Apr 2004	University of Pennsylvania	Department of Psychology Colloquium
Apr 2004	University of Pennsylvania	Department of Psychology Seminar Talk
Mar 2001	UC Irvine	Department of Psychology and Social Behavior
Jun 2000	UCLA	Social Psychology Brown Bag
Dec 1998	University of Illinois, Urbana-Champaign	Department of Psychology
Oct 1998	Cornell University	Behavioral Decision Sciences Workshop, Johnson Graduate School of Management
Mar 1998	San Diego State University	General Psychology Colloquium
Jan 1998	UC Santa Barbara	Social Psychology Colloquium
Dec 1997	Cal State Fullerton	Social/Personality Psychology Colloquium
Apr 1997	UC Berkeley	IPSR Colloquium Series, Institute for Personality and Social Research
Nov 1996	University of Chicago	Social Judgment Colloquium, Booth School of Business
Sep 1996	Moscow State University	Psychophysiology Seminar, Faculty of Psychology
Feb 1996	UT Austin	Social Psychology Colloquium Series
Sep 1995	Stanford University	Cultural Psychology Group
May 1995	UCLA	Social Psychology Brown Bag
Nov 1994	University of Michigan	Institute for Social Research

Invited Conference Presentations (2018-present only)

- Martinez, R. L., **Lyubomirsky, S.**, & Cole, S. (2026, February). An extraverted behavior intervention improves immune gene profile [Invited talk]. Society for Personality and Social Psychology Annual Convention, Happiness and Wellbeing Preconference, Chicago, Illinois
- Martinez, R. L., Cole, S., & **Lyubomirsky, S.** (2025, February). Trait shyness moderates the effects of an extraverted behavior intervention on social behavior and social well-being. [Paper presentation]. Society for Personality and Social Psychology Annual Convention, Denver, CO.
- Martinez, R. L., Regan, A., Oettingen, G., Gollwitzer, P., & **Lyubomirsky, S.** (2023, February). Whom do self-regulation interventions targeting extraverted behavior benefit? [Paper presentation]. Society for Personality and Social Psychology Annual Convention, Atlanta, Georgia. (Symposium titled "Causes and Consequences of Personality Development Across the Lifespan.")
- Molla, H., Li, T., **Lyubomirsky, S.**, & de Wit, H. (December, 2022). The effects of MDMA and methamphetamine feelings of closeness and connection during semi-structured conversations with strangers. Paper to be presented at the 61st Annual Meeting of the American College of Neuropsychopharmacology, Phoenix, AZ.
- Lyubomirsky, S.** (February, 2022). The effects of ecstasy (MDMA) on social connection. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Francisco, CA. (Symposium titled "Antidotes to Loneliness.")
- Regan, A., Margolis, S., de Wit, H., & **Lyubomirsky, S.** (February, 2022). Does $\pm 3,4$ -methylenedioxymethamphetamine (ecstasy) induce subjective feelings of social connection in humans? A multilevel meta-analysis. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Francisco, CA
- Walsh, L. C., Regan, A., Okabe-Miyamoto, K., & **Lyubomirsky, S.** (November, 2021). Does your smartphone make you unhappy? The effects of restricting digital and social media. Poster presentation given at the Psychology of Technology Institute Annual Conference, University of California, Santa Barbara, CA.
- Walsh, L. C. & **Lyubomirsky, S.** (February, 2021). Does your smartphone make you happy? The experimental effects of restricting digital media and social media on well-being. Virtual talk to be given at the Psychology of Media and Technology Pre-Conference, Society for Personality and Social Psychology 22nd Annual Convention.
- Lyubomirsky, S.**, Fritz, M., Margolis, S., Revord, J., Kellerman, G., Nieminen, L., & Reece, A. (July, 2019). The benefits of prompting prosocial and social interactions at work. Invited symposium talk at the 6th World Congress on Positive Psychology, Melbourne, AUSTRALIA. (Symposium titled "A Bell Labs for Positive Psychology: A Novel Model for Academic-Industry Partnerships in the Behavioral Sciences.")
- Fritz, M. M., Armenta, C. N., Walsh, L. C., & **Lyubomirsky, S.** (July, 2018). Gratitude facilitates healthy eating behavior in adolescents and young adults. Talk presented at the 19th European Conference on Personality, Zadar, CROATIA.
- Margolis, S., Schwitzgebel, E., Ozer, D.J., & **Lyubomirsky, S.** (April, 2018). Relationships among types of well-being. Talk presented at the Interdisciplinary Workshop on Happiness, Well-Being, and Measurement, Harvard University School of Public Health, Boston, MA.
- Fritz, M. M., Armenta, C. N., Walsh, L. C., & **Lyubomirsky, S.** (January, 2018). Gratitude facilitates healthy eating behavior in adolescents and young adults. Talk presented at the Gratitude Insights Conference, University of North Carolina, Chapel Hill, NC.

Conference Presentations (2018-present only)

- Radošić, N., Chinn, J. Z., Montemayor-Dominguez, M. & **Lyubomirsky, S.** (2027, February 11-13). The role of conversational mindsets in shaping well-being and interpersonal connection. Society for Personality and Social Psychology Annual Convention, Philadelphia, PA.

- Walsh, L. C., Radosic, N., Montemayor-Dominguez, M. & **Lyubomirsky, S** (2026, February 26-28). Water conservation and well-being: Burden or benefit? Society for Personality and Social Psychology 26th Annual Convention, Chicago, IL.
- Montemayor-Dominguez, M., Chinn, J., Cadieux, S., Radosic, N., & **Lyubomirsky, S.** (2026, July 8-12). Listening well to feel good: The effects of high-quality listening on relational and psychological well-being. International Association for Relationship Research (IARR) Biennial Conference, Glasgow, Scotland, UK.
- Ricon-Becker, I., Mehl, M. R., Korecki, T., West, T., Finkel, E. J., Raison, C. L., Fuligni, A. J., Cole, S. W., Kaplan, D. M., **Lyubomirsky, S.**, Boyle, C., Bower, J. E., Walsh, L. C., Blades, R., & Eisenberg, N. (2026, June 23). Social genomics biomarker to predict response to social well-being interventions. Psychoneuroimmunology Research Society (PNIRS) Annual Meeting, New Orleans, LA.
- Radošić, N., Walsh, L. C., & **Lyubomirsky, S.** (2025, February). The impact of personality and expectations on the well-being effects of social interactions [Poster presentation]. Society for Personality and Social Psychology 24th Annual Convention, Denver, CO.
- Vannoy, T. K., Walsh, L., & **Lyubomirsky, S.** (2025, February). Individual differences in the affective experience of writing a gratitude letter. [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Denver, CO.
- Nguyen, P., Hashemi, N., Funaki, K., Martinez, R. L., & **Lyubomirsky, S.** (2024, June). Socializing when shy: How shyness moderates the well-being effects of extraverted behavior. [Paper presentation]. R'Psyc Annual Conference. Riverside, CA.
- Martinez, R. L., Lyubomirsky, S., & Cole, S. (2024, June). The genomic and well-being impacts of an extraverted behavior intervention: assessing the moderating roles of dispositional introversion and shyness [Flash talk]. NIH Emotional Well-Being Networks Steering Committee Meeting. Virtual.
- Martinez, R. L. & **Lyubomirsky, S.** (2024, February). Natural, enjoyable, meaningful: Self-becoming and the dynamics of person-activity fit. [Paper presentation]. Society for Personality and Social Psychology Annual Convention, San Diego, CA. (Symposium titled "Personality on Demand: Dynamically Regulating Personality Expression to Situation-Specific Demands").
- Walsh, L. C., Regan, A., Twenge, J. M., & **Lyubomirsky, S.** (April, 2023). What is the optimal way to give thanks? Comparing the effects of gratitude expressed privately, one-to-one via text, or publicly on social media. In Bono, G. (Chair), Recent advances in gratitude research: Various practices for thriving in today's world [Symposium]. Western Psychological Association 101st Annual Convention, Riverside, CA.
- Walsh, L. C., Regan, A., Twenge, J. M., & **Lyubomirsky, S.** (March, 2023). What is the optimal way to give thanks? Comparing the effects of gratitude expressed privately, one-to-one via text, or publicly on social media [Flash talk]. Society for Affective Science Annual Convention, Long Beach, CA.
- Radošić, N. (February 24, 2023). Hedonic adaptation to social and prosocial behaviors: A four-week condition comparison. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, 24th Annual Convention, Atlanta, GA.
- Regan, A., Fritz, M. M., Walsh, L. C., **Lyubomirsky, S.**, & Cole, S. W. (February, 2023). The genomic impact of kindness to self vs. others: A randomized controlled trial. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, 24th Annual Convention, Atlanta, GA.
- Walsh, L. C., Regan, A., Okabe-Miyamoto, K., Lyubomirsky, S. (2022). Does putting down your smartphone make you happier? The effects of restricting digital media and social media on well-being. Flash talk presented at the Society for Affective Science Annual Conference, Virtual.
- Martinez, R. L., Collier, E., Reece, A., & **Lyubomirsky, S.** (2022). Mind-wandering in conversation. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Francisco, CA.
- Walsh, L. C., Okabe-Miyamoto, K., Regan, R., Twenge, J. M., & **Lyubomirsky, S.** (2022). The association between well-being and objectively measured versus self-reported smartphone and social media time. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, San Francisco, CA.

- Okabe-Miyamoto, K., Regan, A., & **Lyubomirsky, S.** (2021). Changes in well-being during COVID-19: Exploring the psychological mechanisms of who thrives and who survives. Paper presented at the (Virtual) Annual Meeting of the Society for Personality and Social Psychology.
- Regan, A., Walsh, L. C., & **Lyubomirsky, S.** (2021). Elevated or indebted? Understanding the consequences of self-directed gratitude interventions. Paper to be presented at the (Virtual) Annual Meeting of the Society for Personality and Social Psychology.
- Walsh, L. C., Regan, A., Stapley, A., & **Lyubomirsky, S.** (2021). Give thanks: Comparing the effects of gratitude expressed privately, one-to-one via text, or publicly on social media. Data Blitz to be presented at the (Virtual) Annual Meeting of the Society for Personality and Social Psychology.
- Margolis, S., & **Lyubomirsky, S.** (2020). Experimental manipulation of extraverted and introverted behavior and its effects on well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA. (Symposium titled "Harnessing Social Psychology to Improve Social Life.")
- Regan, R., Margolis, S., Ozer, D. J., Schwitzgebel, E., & **Lyubomirsky, S.** (2020). What is so special about kindness? Exploring the proximal experience of social acts relative to other positive behaviors. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Okabe-Miyamoto, K., Regan, R., Walsh, L. C., Fritz, M. M., & **Lyubomirsky, S.** (2020). Face-to-face (versus digital) kind acts boost students' satisfaction with life. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Walsh, L. C., Okabe-Miyamoto, K., Regan, R., & **Lyubomirsky, S.** (2020). The gratitude witnessing effect in adolescents. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Revord, J., **Lyubomirsky, S.**, & Sweeny, K. (2020). Going through the e(motions): Rethinking affect measurement. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Fritz, M., Walsh, L., **Lyubomirsky, S.**, Cole, S., & Epel, E. (2020). Kindness and cellular aging: A pre-registered intervention testing the effects of prosocial behavior on telomere length and well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Walsh, L. C., Regan, A., Okabe-Miyamoto, K., Villamil, A., & **Lyubomirsky, S.** (2019). iPhone screen time and well-being. Paper presented at the 4th Annual New Directions in Research on the Psychology of Technology Conference, University of Virginia, Arlington, VA.
- Lyubomirsky, S.**, Fritz, M., Margolis, S., Revord, J., Kellerman, G., Nieminen, L., & Reece, A. (2019). Putting the social in prosocial: What maximizes happiness and connection in social and prosocial interactions. Paper to be presented at the Annual Meeting of the Society of Experimental Social Psychology, Toronto, CANADA. (Symposium titled "The Good Life: New Insights into the Psychology of Happiness and Well-Being.")
- Frias, A., Walsh, L. C., & **Lyubomirsky, S.** (August, 2019). Correlates of smartphone usage with physical and mental health. Presented at the Summer Research Program Symposium, Riverside, CA
- Margolis, S. M., & **Lyubomirsky, S.** (2019). Openness does indeed contribute to (eudaimonic) well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Portland, OR.
- Shin, L. J., Armenta, C. N., Kamble, S., Chang, S.-L., Wu, H.-Y., & **Lyubomirsky, S.** (2019). Gratitude for own vs. others' kind acts in collectivist and individualist cultures. Paper presented at the Annual Convention of the Society for Personality and Social Psychology, Portland, OR.
- Walsh, L. C., Margolis, S. M., Fritz, M., Shin, L. J., Twenge, J., & **Lyubomirsky, S.** (2019). Are smartphone users unhappy?: A correlational exploration of digital media, social media, and well-being. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Portland, OR.
- Shin, L., Walsh, L., Kwok, S., Chan, A., Siu, N., Lai, L., & **Lyubomirsky, S.** (2019). Recalling kind acts towards close others vs. strangers in English and Chinese. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Portland, OR.
- Fritz, M. M., Margolis, S., Armenta, C. N., Revord, J. C., Walsh, L. C., **Lyubomirsky, S.**, Kellerman, G., Nieminen, L., & Reece, A. (2019). Putting the social in prosocial: Do acts of kindness improve

- well-being more than simple social interactions? Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Portland, OR.
- Goldy, S. P., Fritz, M. M., Armenta, C. N., **Lyubomirsky, S.**, & Piff, P. K. (2019). The impact of a two-week daily intervention on increased and sustained experiences of awe. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Portland, OR.
- Ruberton, P.M., Gladstone, J., Margolis, S., & **Lyubomirsky, S.** (2019). Adding spice to life: Variety in hedonic spending increases subjective well-being. Single paper session presented at the Annual Meeting of the Society for Personality and Social Psychology, Portland, OR.
- Walsh, L. C., & **Lyubomirsky, S.** (2018). To share or not to share?: The effects of gratitude on expressers, sharers, and targets. Paper presented at the Annual Meeting of the Society for Affective Science, Los Angeles, CA.
- Ruberton, P. M., Nelson-Coffey, S. K., Chancellor, J., Cornick, J., Blascovich, B. & **Lyubomirsky, S.** (2018). The proximal experience of awe. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.
- Walsh, L. C., & **Lyubomirsky, S.** (2018). To share or not to share?: The effects of gratitude on expressers, sharers, and targets. Paper presented at the Annual Meeting of the Association for Psychological Science, San Francisco, CA.
- Fritz, M. M., Armenta, C. N., Walsh, L. C., & **Lyubomirsky, S.** (2018). Gratitude facilitates healthy eating behavior in adolescents and young Adults. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.
- Margolis, S. M., & **Lyubomirsky, S.** (2018). The effects of induced extraverted behavior on personality change and well-being. Single paper session presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.
- Walsh, L. C., & **Lyubomirsky, S.** (2018). To share or not to share?: The effects of sharing gratitude on sharers and targets. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.

TELESEMINARS/PUBLIC APPEARANCES/Q&As

2025-present	Biweekly newsletter, The Happiness Files	
Jul 22, 2026	Lecturer, Human Happiness (undergraduate course)	Department of Psychology, University of California, Berkeley
Sep 30, 2025	Panelist/Speaker, Compassion Shift Lunch Honoring HH the Dalai Lama, with Richard Gere	Center for Contemplative Science and Compassion-Based Ethics, Emory University
Jun 1, 2026	Speaker, Sips With a Scientist	Farmhouse Collective, Riverside, CA
Mar 10, 2026	Speaker, How To Feel Loved	Tower Hour Salon Series, Club Joyful, Venice, CA
2017-present	Founding columnist, <i>Behavioral Scientist</i>	
Jun 27, 2025	Speaker, The Human Flourishing Experience	The Grateful Giraffes, Club Joyful, Venice, CA
May 29, 2024	Speaker	Presidents Institute, Copenhagen, DENMARK
May 10, 2024	Panelist/Speaker	HAPPINESS Documentary Series, Los Angeles Premiere & Screening

Apr 26, 2024	Speaker (Q & A)	Storyburn Festival, Coalinga, CA
Feb 8, 2024	Panelist, Happiness & Well-Being Preconference, Society for Personality and Social Psychology (Session titled, "Strategies to Improve Well-Being: What We Know, What We Don't Know, and Where to Go Next")	San Diego, CA
Jan 27, 2024	Speaker (Q & A)	WorkWonder Conference, Los Angeles, CA
Nov 5, 2023	Panelist/Speaker	KidSpirit Global Summit
Oct 17, 2023	Panelist/Speaker	Mission: JOY Global Community Screening
Jul 20, 2023	Panelist, International Positive Psychology Association (Session titled, "Communicating Positive Psychology on a Massive Scale")	8 th IPPA World Congress 2023, Vancouver, BC CANADA
Jun 14, 2023	Speaker (Q & A)	Patton State Hospital
Mar 23, 2023	Speaker (Q & A)	Los Angeles Police Department
Mar 7, 2022	Speaker (Q & A)	LEAD Program, Stanford University Graduate School of Business
Mar 3, 2022	Speaker (Q & A)	Project Manager Well-Being Institute, Wroclaw, POLAND
Feb 19, 2022	Panelist, Society for Personality and Social Psychology (Professional Development session titled, "Giving Away Our Science: How to Talk to the Media")	San Francisco, CA
Feb 17, 2022	Speaker (Q & A)	Speaker Series, Pip Coburn Ventures
Sep 29, 2021	Speaker (Q & A)	Salon, Alliant Educational Foundation
Sep 22, 2021	Speaker (Q & A with Susan MacTavish Best)	Salon, PostHoc & Templeton World Charity Foundation
July 7, 2021	Speaker (Q & A)	Pregnant Then Screwed, United Kingdom
May 5, 2021	Speaker (Q & A with Tal Ben-Shahar)	Happiness Studies Academy, Happier.TV
Apr 29, 2021	Panelist, T. H. Chan School of Public Health, Harvard University (Session titled, "Advances in the science of happiness interventions")	Boston, MA
Mar 3, 2021	Speaker (Q & A)	World Happiness Summit
Mar 2, 2021	Speaker (Q & A)	U.S. Securities & Exchange Commission

Dec 10, 2020	Speaker (Q & A)	LinkedIn Corporation
Nov 10, 2020	Speaker (Q & A with Goldie Hawn)	MindUP Foundation
Sep 23, 2020	Speaker (Q & A with John Tierney), Murdock Mind, Body, Spirit Series	The Aspen Institute, Aspen Community Programs
Jul 23, 2020	Speaker (teleseminar)	Optimize Coach
Jul 14, 2020	Speaker (Q & A)	World Happiness Summit (WOHASU Community Platform)
Jul 14, 2020	Speaker (teleseminar)	Leading Edge Seminars
Jun 18, 2020	Speaker (Q & A with Susan MacTavish Best)	Salon, POSTHOC
Jun 13, 2020	Speaker (Q & A with Raj Raghunathan)	HappySmarts HappyHour
Jun 9, 2020	Speaker (teleseminar)	Middle Years Monday, UK
Apr 25, 2020	Speaker (Q & A with Larry King), Coping with COVID	Positive Voices, International Positive Psychology Association
Dec 12, 2018	Panelist, The New York Academy of Sciences and the Critical Care & Resuscitation Research Program at NYU Langone Health (Discussion titled “What happens when we die? Surviving cardiac arrest”)	New York, NY
May 15, 2019	Lecturer, Positive Psychology Leaders Series (teleseminar)	International Positive Psychology Association
Dec 12, 2018	Panelist, Zócalo Public Square & UCLA Anderson School of Management, moderated by Madeleine Brand (Discussion titled “Can individuals be happy in an unhappy time?”)	Los Angeles, CA
Jun 29, 2018	Panelist, Create & Cultivate Sun Symposium, Keynote conversation with Nicole Kidman	Los Angeles, CA
Jan 31, 2018	Invited speaker, The Art & Science of Happiness Synthesis Unit	Anacapa School, Santa Barbara, CA
Oct 7, 2015	Q&A series, Certification in Applied Positive Psychology	The Flourishing Center
Nov 21, 2014	Q&A, Positive Fridays	Claremont Graduate University, Claremont, CA
May 31, 2014	Panelist, 25 th -Year Reunion Panel (Roundtable titled “Happiness, Inc.”)	Harvard University, Cambridge, MA
Oct 18, 2013	Panelist, The Roundtable, moderated by Katie Couric (Roundtable titled “Are you happy now?”)	Stanford University, Stanford, CA
Mar 20, 2013	Invited speaker, Literary Affairs	Temple Emanuel of Beverly Hills, Beverly Hills, CA
2012-2018	Q&A series, Certificate Program in Positive Psychology	New York Open University
2008-present	Blogger, <i>Psychology Today</i> , “How of Happiness,”	psychologytoday.com/blog/how-happiness
2008-2009	Lecturer, Positive Psychology Training Program	Positive Living

2008-2009	Lecturer, Positive Psychology Master Class	MentorCoach
Dec 10, 2008	Lecturer, Positive Psychology Leaders Series (teleseminar)	International Positive Psychology Association
Dec 5, 2008	Speaker (teleconference)	Executive Coaching for Women
Nov 10, 2008	Speaker (teleconference), Coaching Division	Anthony Robbins Companies
Oct 15, 2008	Speaker (teleconference)	The Entrepreneurial MD
Aug 25, 2008	Speaker (teleconference)	Learn From My Life
Jul 9, 2008	Speaker (teleseminar)	National Institute for the Clinical Application of Behavioral Medicine
Jun 20, 2008	Speaker (teleseminar)	Coaching Toward Happiness
Apr 26, 2008	Panelist, Los Angeles Times Festival of Books (Panel titled "Smile: Is Happiness Overrated?")	University of California, Los Angeles, CA
Feb 26, 2008	Quarterly Speaker (teleseminar)	Masters of Pos Psychology
Feb 2014	Harvard-Westlake School, Parent Education Night	Los Angeles, CA

MEDIA COVERAGE—HIGHLIGHTS ONLY

*See <https://sonjalyubomirsky.com/media-appearances/> for more complete list

Print

Jun 1, 2026	<i>Los Angeles Times</i>	“Want to Feel More Loved? You’re Probably Going About It the Wrong Way”
May 30, 2026	<i>Washington Post</i>	“Six Habits a Happiness Expert Uses to Boost Her Mood, Even on Busy Days”
Mar 20, 2026	<i>Harvard Gazette</i>	“Want to Feel More Loved? Forget Changing Yourself. Change Conversation”
Mar 13, 2026	<i>AARP Bulletin</i>	“Insider Secrets From a Top Happiness Expert”
Feb 12, 2026	<i>Washington Post</i>	“The Secret to Happiness? These Experts Say It’s Feeling Loved By Others”
Feb 12, 2026	<i>Forbes</i>	“When Trying To Be More Lovable Is Backfiring, and What Actually Makes People Feel Loved”
Feb 10, 2026	<i>New York Times</i>	“What’s the Secret to Happiness? These Researchers Have a Theory”
Dec 15, 2025	<i>CNBC Make It</i>	“Two Tips for Raising Happier Kids, from a Happiness Researcher and Mom of 4”
Dec 7, 2025	<i>CNBC Make It</i>	“The Key to Happiness is Feeling Loved and Feeling Connected”
Jul 22, 2025	<i>Washington Post</i>	“7 Simple Ways To Be A Bit Happier Each Day”
May 1, 2025	<i>New York Times Magazine</i>	“How Nearly a Century of Happiness Research Led to One Big Finding”

Jul 3, 2024	<i>Los Angeles Times</i>	"Be Grateful For What You Have. It May Help You Live Longer"
Nov 26, 2023	<i>CNN</i>	"Is There Such a Thing As Too Much Gratitude? Turns Out Sometimes Less Is More, Expert Says"
Jul 8, 2023	<i>New York Times</i>	"How To Make a Staycation Feel Like an Actual Break"
Sep 17, 2021	<i>New York Times</i>	"California Today"
Nov 4, 2020	<i>CUNY-TV</i>	"Psychology of Kindness"
Sep 30, 2020	<i>CNN</i>	"There's No Getting 'Back to Normal,' Experts Say. The Sooner We Accept That, The Better"
May 12, 2020	<i>New York Times</i>	"So You Had a Bad Day..."
Apr 18, 2020	<i>The Economist</i>	"Immunity From Being Alone: Random Acts of Kindness Can Prevent a Downward Spiral Into Loneliness"
Feb 18, 2020	<i>New York Times</i>	"How To Be More Optimistic"
Dec 18, 2019	<i>Washington Post</i>	"Does Happiness in Your 50s Signal the End of Ambition?"
Oct 9, 2019	<i>Scientific American</i>	"Quiet Disadvantage: Study Finds Extroverts Are Happier—Even When They're Really Introverts"
Mar 29, 2019	<i>New York Times</i>	"What To Do When You're Bored With Your Routines"
Feb 3, 2019	<i>Reader's Digest</i>	"8 Myths of Happiness You've Convinced Yourself Are True"
March, 2018	<i>US News & World Report</i>	"The Hazards of Rumination for Your Mental and Physical Health"
Nov 7, 2017	<i>Forbes</i>	"Research Reveals 6 Surprisingly Simple Changes That Will Make You Happier"
June 30, 2016	<i>TIME</i>	"Turns Out an 'Emotional Vacation' Was Just the Kind of Vacation I Needed"
June, 2016	<i>AARP Bulletin</i>	"A Conversation with Sonja Lyubomirsky"
June 24, 2015	<i>TIME</i>	"How to Find Happiness: 3 Secrets From Science"
May 5, 2015	<i>The Washington Post</i>	"Skip the McBurger and Other Simple Ways to Boost Your Mood"
Oct 23, 2014	<i>New York Times</i>	"How To Gladden a Wealthy Mind"
Jan 14, 2013	<i>New York Times</i>	"That Loving Feeling Takes a Lot of Work"
Apr 19, 2013	<i>New York Times</i>	"Happiness Inc."
Sep 8, 2008	<i>Los Angeles Times</i>	"The Science of Happiness"
Jan 4, 2008	<i>The Wall Street Journal</i>	"The Pursuit of Happiness"
Jan 18, 2008	<i>US News & World Report</i>	Q & A with Sonja Lyubomirsky
Apr 14, 2010	<i>US News & World Report</i>	"The Science of Workplace Happiness"
Jan 2, 2012	<i>US News & World Report</i>	"With Depression, Helping Others May In Turn Help You"
Jan 9, 2013	<i>US News & World Report</i>	"How to Turn Life's Challenges into Positive Outcomes"

Jan 24, 2013	<i>US News & World Report</i>	"Acts of Kindness Can Make You Happier"
Jan 13, 2013	<i>The Week</i>	"Sonja Lyubomirsky's 6 Favorite Books"
May 19, 2012	<i>Economist</i>	"The Joys of Parenthood"
Apr 3, 2008	<i>The New York Review of Books</i>	"Are You Happy?"
Apr, 2008	<i>Monitor on Psychology</i>	"The happiness diet"
Aug 16, 2008	<i>USA Today</i>	"Researcher: Techniques Can Boost Happiness"
Jan 16, 2013	<i>USA Today</i>	"Are Parents Happier? Dads May Be, But Not Moms, Singles"
Aug 16, 2008	<i>USA Today</i>	"Researcher: Techniques Can Boost Happiness"
Jan 16, 2013	<i>USA Today</i>	"Are Parents Happier? Dads May Be, But Not Moms, Singles"
Jan 18, 2013	<i>Business Week</i>	"A 30 Rock Guide to Workplace Happiness"
Jan 18, 2013	<i>The Star</i>	Review of <i>The Myths of Happiness</i>
Feb 10, 2009	<i>San Francisco Chronicle</i>	"Cheer Up – You Can Learn To Be Happy"
Jun 13, 2007	<i>TIME</i>	"20 Ways To Get and Stay Happy"
Jul 8, 2009	<i>TIME</i>	"The Science of Happiness Turns 10. What Has It Taught?"
Jun 14, 2012	<i>TIME</i>	"Parents (Especially Dads) Are Happier Than Their Childless Pals"
Aug 14, 2009	<i>The Guardian</i>	"How to Feel Up in a Downturn"
Dec 10, 2009	<i>NRC Handelsblad</i>	"Geluk is...je geld uitgeven aan fijne dingen"
Jan 4, 2013	<i>Publisher's Weekly</i>	"Pay Attention: Be Happy: PW Talks with Sonja Lyubomirsky"
Jan, 2014	<i>GEO Magazine</i>	"Nach Glück zu Streben? Sinnlos!"
Nov 10, 2014	<i>The Wall Street Journal</i>	"Can Money Buy You Happiness?"

Television, Podcasts, & Documentaries

Feb 13, 2026	ABC News Live Prime	"Relationship Experts on How To Feel Loved: It Starts With Helping Others"; click here to view
Nov 27, 2025	CNNi	"One World with Zain Asher & Bianna Golodryga"; click here to view
2021-present	Mission JOY: Finding Happiness in Troubled Times (film)	Netflix, Prime Video
Jul 3, 2024	CNN	"The Habits of Happy People," Chasing Life with Dr. Sanjay Gupta"; click here to view
Jan 7, 2024	CNN & Max	"The Whole Story with Anderson Cooper: Miracle on the Hudson"
Feb 24, 2021	Voice of America	"Central News"; click here to view
May 26, 2020	CNBC-TV	"Make It"
Mar 20, 2015	BBC North America	"BBC World News"

Jul 8, 2015	NBC-TV	"The Today Show"; click here to view
Jul 25, 2014	CCTV-America	"Full Frame"; click here to view
Jan 27, 2013	expert video	"Big Think"; click here and here to view
Jan 21, 2013	FOX KTTV-LA	"Good Day L. A."; click here to view
Jan 14, 2013	The Big Picture with Thom Hartmann	Conversations With Great Minds"; click here to view Part I and Part II
Jan 6, 2012	NBC-TV	"The Today Show": click here to view
Jan 2 2013	NBC-TV	"The Today Show"; click here to view
2012	Happy (film)	Netflix
Oct 11, 2012	ABC-TV	"Katie" (Katie Couric show); click here to view
Jan 4, 2013	FOX-TV	"Fox & Friends"; click here to view
Aug 7, 2011	Al Jazeera English (TV)	evening news
Apr 5, 2010	syndicated TV	"The Dr. Oz Show"
Jan 6, 2010	PBS	documentary series "This Emotional Life"; click here to download and view
Jan 8, 2008	ABC-TV	"Good Morning America"; click here to view
Jan 11, 2008	ABC-TV	"20/20"; click here to view
Jul 16, 2008	CNBC-TV	"The Big Idea with Donny Deutsch"
Nov 9, 2009	syndicated TV	"The Dr. Oz Show"

Sample Radio/Podcasts

Sep 29, 2026	Feel Better Live More	"The Science of Happiness, Love, and Human Connection with Professor Sonja Lyubomirsky," with Dr. Rangan Chatterjee; click here to listen
Jun 25, 2026	Modern Wisdom	"Why Nobody Feels Loved Anymore," with Chris Williamson; click here to listen
Jun 22, 2026	Being Well	"The Secret to Happiness: How To Feel Loved with Dr. Sonja Lyubomirsky," with Forrest Hanson; click here to listen
Jun 1, 2026	Offline with Jon Favreau	"Chatbots, MDMA, and Finding Love in the Digital Ages," with Jon Favreau; click here to listen
Apr 23, 2026	Mind Body Green	"36 Years of Happiness Research Points to This"; click here to listen
Apr 23, 2026	Finding Mastery	"The Psychology of Feeling Loved," with Michael Gervais; click here to listen
Apr 23, 2026	Clear + Vivid	"Lost That Loving Feeling?" with Alan Alda; click here to listen
May 6, 2026	A Slight Change of Plans	"How To Feel more Loved," with Maya Shankar, click here to listen
Apr 23, 2026	National Public Radio	"How To Feel Loved," The Hidden Brain podcast with Shankar Vendantam; click here to listen
Mar 23, 2026	Think Fast, Talk Smart	"Choose Connection Over Perfection," with Matt

		Abrahams; click here to listen
Feb 16, 2026	10% Happier	“The Science of Happiness: Five Simple Strategies for Reducing Anxiety and Increasing Connection,” with Dan Harris; click here to listen
Feb 3, 2026	The Happiness Lab	“How To Feel Truly Loved,” with Laurie Santos; click here to listen
Feb 3, 2026	TED Talks Daily	“1 Thing You Can Do Today to Be Happier”; click here to listen
Dec 9, 2025	National Public Radio	The Hidden Brain podcast with Shankar Vendantam; click here to listen
Oct 19, 2021	KCRW-FM Public Radio (Santa Monica, CA)	Steve Chiotakis’s “Greater L.A.”
Sep 6, 2021	National Public Radio	“Where Happiness Hides,” The Hidden Brain podcast with Shankar Vendantam; click here to listen
Dec 24, 2018	National Public Radio	“Morning Edition”; click here to listen
Jan 1, 2016	WABC-AM/New York	“The Joan Hamburg Show”
Jul 15, 2014	Slate	“The Gist”; click here to listen
Mar 1, 2014	KPFK-FM 90.7	“Free Forum With Terrence McNally”; click here to listen
Feb 19, 2013	National Public Radio	“Morning Edition”; click here to listen
Jan 3, 2013	National Public Radio	“The Diane Rehm Show”; click here to listen and see transcript
Jan 9, 2013	Southern California Public Radio	“AirTalk,” with Larry Mantle; click here to listen
Apr 9, 2012	KCRW-FM Public Radio (Santa Monica, CA)	Warren Olney’s “To The Point”
Feb 18, 2008	CBS Radio Network	“Science Today”
Feb 18, 2008	National Public Radio	“On Point”
Apr 3, 2008	Southern California Public Radio	“Patt Morrison”
May 2, 2008	KQED, Northern California Public Radio	“Forum”
Dec 26, 2008	KQED, Northern California Public Radio	“Forum”

Other Podcasts/Media

See list of podcasts and other selected national broadcast and print media [here](#).

INTERNAL (UC RIVERSIDE) SERVICE

2025-2026	Member, AI Committee	Department of Psychology, UC Riverside
2025-2026	Member, Development Committee	Department of Psychology, UC Riverside

Feb 25, 2024	Speaker, Burnout Awareness and Prevention Workshop	College of Humanities, Arts, and Social Sciences & UCR Wellness Program
Fall 2024	Co-Organizer, Robert Rosenthal Memorial Symposium	Department of Psychology, UC Riverside
2024-2027	Member, Committee on Faculty Research Lecturer	Academic Senate, UC Riverside
2024-present	Member, Clinical Area Proposal Ad Hoc Committee	Department of Psychology, UC Riverside
2024-present	Member, Media & Communication Committee	Department of Psychology, UC Riverside
2024	Member, Executive Committee	Department of Psychology, UC Riverside
2023-2024	Member, Faculty Climate & Well-Being Committee	Department of Psychology, UC Riverside
May 26, 2023	Speaker, R'PSYC Undergraduate Research Conference	Department of Psychology & Psi Chi
Mar 30, 2022	Speaker, UCR Palm Desert Speaker Series	UCR Aging Initiative
May 27, 2021	Panelist, Changes With COVID	R'PSYC 2021, Third Annual Department of Psychology Undergraduate Research Conference
Feb 8, 2021	Speaker, R'Stories Podcast	Associated Students UCR Basic Needs Committee, UC Riverside
Oct 7, 2020	Panelist, Live Kind Panel	UCR Healthy Campus, Human Resources, UC Riverside
Nov 16, 2019	Speaker & Panelist, Back to Class presentation, UCR Homecoming	UCR Foundation Stewardship Committee
2017-2021	Vice Chair	Department of Psychology, UC Riverside
2018-2021	Elected Member, Committee on Committees	Academic Senate, UC Riverside
2018-2019	Member, Financial Analyst Search Committee	Department of Psychology, UC Riverside
2005-2018	Graduate Advisor	Department of Psychology, UC Riverside
Sep 15, 2017	Panelist, Annual Retreat	UCR Women's Faculty Association
Aug 14, 2017	Speaker, Undergraduate Admissions Annual Fall Training	Undergraduate Admissions, UC Riverside
Sep 22, 2015	Speaker, Annual Department Conference	Department of Psychology, UC Riverside
2014-2015	Author, Well-Being Cluster Proposal	Department of Psychology, UC Riverside
2014-2016	Member, Strategic Planning Committee	Department of Psychology, UC Riverside
2012-present	Faculty Mentor to Junior Faculty: Elizabeth	Department of Psychology, UC

	Davis, Sara Mednick, Megan Robbins, Rachel Wu, Olivia Atherton, & Stephen Antonoplis	Riverside
2012-2013	Chair, Well-Being Search Committee	Department of Psychology, UC Riverside
Jun 6, 2012	Phi Beta Kappa Speaker, Iota Chapter	UC Riverside
Jan 18, 2012	Speaker, UC Board of Regent's Dinner	Chancellor's Residence, UC Riverside
Oct 24, 2011	Speaker, Dean's Advisory Council,	College of Humanities, Arts, and Social Sciences, UC Riverside
Apr 4, 2008	Speaker, Discover Days	College of Humanities, Arts, and Social Sciences, UC Riverside
2007-2008	Member, Health and Well-Being Search Committee	Department of Psychology, UC Riverside
Sep 27, 2006	Speaker, Annual Department Conference	Department of Psychology, UC Riverside
2005-2006	Chair, Psychopathology Search Committee	Department of Psychology, UC Riverside
1999-2004	Director, Undergraduate Honors Program	Department of Psychology, UC Riverside
2004-2005	Faculty Co-Advisor, Psi Chi Honor Society	UC Riverside chapter
2004-present	Member, Subject Pool Committee	Department of Psychology, UC Riverside
2003-2004	Member, Ad Hoc Curriculum Advisory Committee	College of Humanities, Arts, and Social Sciences, UC Riverside
Sep 25, 2002	Speaker, Annual Department Conference	Department of Psychology, UC Riverside
2001-present	Faculty Mentor, Women's Faculty Association	College of Humanities, Arts, and Social Sciences, UC Riverside
1998-present	Member, Law and Society Committee	College of Humanities, Arts, and Social Sciences, UC Riverside
1999-present	Member, Steering Committee, Washington Center Program	UC Riverside
2003-2004	Member, B.S. Degree Committee	Department of Psychology, UC Riverside
2002-2003	Member, Personality Search Committee	Department of Psychology, UC Riverside
1997-1998	Member, Charges Committee	Academic Senate, Riverside Division, UC Riverside
1994-2003	Organizer of Social/Personality Brownbag Series	Department of Psychology, UC Riverside
1998-1999	Member, Colloquium Committee	Department of Psychology, UC Riverside
1997-1998	Member and Affirmative Action Monitor, Social/Personality Search Committee	Department of Psychology, UC Riverside

1992-1994	Statistical Consultant for the Undergraduate Honors Program (paid position)	Department of Psychology, Stanford University
1992-1994	Statistical Consultant for First-Year Doctoral Students	Department of Psychology, Stanford University

NATIONAL AND INTERNATIONAL SERVICE

Feb 2026	Panelist, Actioning Hope in Turbulent Times	Building Healthy Academic Communities conference, UC Irvine
Nov 2025	Guest speaker, Heroic	Los Angeles, CA
2024	Chair, Search Committee for new Editor-in-Chief of <i>Current Directions in Psychological Science</i>	Association for Psychological Science (APS)
2024-present	Chief Scientist	TWOs
2024-present	Expert Advisor	Global Happiness Megastudy
Aug 2024	Guest speaker, Women's Coaching Collective	Los Angeles, CA
Nov 2023	Invited speaker, All Employee Lecture	Upper Canada College
2023-present	Affiliated faculty, Center for Well-Being, Welfare, and Happiness	Stockholm School of Economics
May 2022	Invited speaker, Mental Health Awareness Week	The German School of Silicon Valley
Sep 2021	Invited speaker, Annual Speaker Series	The Loomis Chaffee School
Feb 2021	Invited speaker, Monta Vista Parent Teacher Student Association	Cupertino, CA
2020-2021	Member, COVID-19 Task Force on Mental Health & Wellbeing	<i>The Lancet</i> COVID-19 Commission (Jeffrey D. Sachs, chair)
Mar 2019	Invited speaker, National Association of Independent Schools	Los Angeles, CA
2021-present	Expert Advisor	Gallup-Facebook Connections Project
2019-2021	Member, Core Academic Group, Science and Ethics for Happiness and Well-Being Project	Pontifical Academies for Sciences and Social Sciences, United Nations Sustainable Development Solutions Network, VATICAN CITY
2021-present	Member, International Advisory Committee, Meaning in Life 2022 International Conference	Hong Kong Shue Yan University (HKSJU), Gratia Christian College and the Center for Meaning and Purpose at Colorado State University
2019-2022	Member, Mid Career Awards Panel	Society for Personality and Social

		Psychology (SPSP) Personality Science
2020-present	Member, Editorial Board	
2021-present	Member, Scientific Advisory Board	Network for Emotional Well-Being: Science, Practice, and Measurement Mission Joy Project
2021-present	Member, Scientific Advisory Board	Sago Mini & Friends, Apple TV+
2020-2022	Gratitude Expert	Heroic Indeed Dermalogica Netflix Indeed Hitachi
2023-present	Consultant	
2020-2021	Consultant	
2016-present	Member, Senior Policy Advisory Committee	United Nations Sustainable Solutions Network, World Happiness Policy Report Gordon, NSW, AUSTRALIA
Apr 9, 2019	Invited speaker, Ravenswood School for Girls	
Feb 20, 2019	Invited speaker, Berkeley Student Forum	University of California, Berkeley, CA
Jan 29, 2019	Invited speaker, Mountain View/Los Altos Parent Education Series	Mountain View High School, Mountain View, CA
Fall, 2018	Guest Editor	Proceedings of the National Academy of Sciences Pomona College, Claremont, CA
Nov 27, 2018	Invited speaker, Introductory Psychology classes	
2019-present	Member, Scientific Advisory Board	Karuna, The Institute for Well-Being Sciences and Practices, Costa Rica Plan ZED LLC, Calabasas Hills, CA
2018-present	Board Member	BetterUP, Inc., San Francisco, CA
2018-present	Member, Scientific Advisory Board	Nola, Inc., Ventura, CA
2018-2024	Member, Scientific Advisory Board	Center of Excellence, The Science of Happiness, S P Jain School of Global Management, Dubai Campus
2017-present	Member, Board of Advisors	United Nations Sustainable Solutions Network, World Government Summit
2016-present	Member, Global Happiness Council	Society for Personality and Social Psychology (SPSP)
2016-2017	Member, Social Psychology Award Nomination Panel	University of California, Riverside
Mar 3-5, 2017	Co-Organizer, Inaugural University of California Well-Being Conference	
2017-2018	Member, Editorial Content Group, Synthesis Chapter	Global Happiness Council Report to the United Nations Sustainable Solutions Network
2015-2016	Consultant, <i>Share the Joy</i> Campaign	Reddi-wip, ConAgra Foods Inc.
2015-2016	Consultant, <i>Making the Most of the Time You Have</i> track	Happify, New York, NY
2012-2016	Consultant, <i>Live 360</i> Program	Compak Asset Management, Newport Beach, CA

Mar 3, 2016	Guest speaker, Seminar on Nonviolence	The Maret School, Washington D.C.
Feb 28, 2015	Co-Chair, SPSP Symposium, "A Big Helping of Humble Pie: Novel Benefits and New Methods for Cultivating Humility"	Society for Personality and Social Psychology conference, Long Beach, CA
Feb 26, 2015	Co-Organizer, SPSP Pre-Conference, "Happiness and Well-Being"	Society for Personality and Social Psychology conference, Long Beach, CA
2015-present	Member, Advisory Board	Greater Good Science Center, UC Berkeley
2015-present	Member, Scientific Advisory Board	Happify, New York, NY
2014-present	Honorary Member, Advisory Board	Chilean Society of Positive Psychology
2013-present	Member, Advisory Board	The Psych Report (edited by Barry Schwartz & Evan Nesterak)
2013-present	Member, Advisory Board	Instituto de Ciencias de la Felicidad (Wellbeing Institute in Mexico)
Jun 29, 2013	Chair, IPPA Symposium, "Pursuing Happiness: Cutting-Edge Experimental Research on Positive Activities"	International Positive Psychology Association conference, Los Angeles, CA
Feb 13, 2014	Co-Organizer, SPSP Pre-Conference, "Happiness and Well-Being"	Society for Personality and Social Psychology conference, Austin, TX
Apr 26, 2014	Co-Chair, WPA Symposium, "Gratitude and Prosocial Behavior: Other-Oriented Paths to Greater Happiness"	Western Psychological Association conference, Portland, OR
Feb 8, 2012	Guest speaker, Parent Education Night	Saint Francis High School, Mountain View, CA
2011	Member, Media Achievement Award and Media Prize Panel	Society for Personality and Social Psychology (SPSP)
2010-present	Contributing Editor	<i>Los Angeles Review of Books</i>
2009-present	Member, Editorial Board	<i>The Journal of Positive Psychology</i>
2005-2009	Associate Editor	<i>The Journal of Positive Psychology</i>
2007	Member, Task Force on Future Conferences	Society for Personality and Social Psychology (SPSP)
2009-2010	Member, International Advisory Board (IAB), 2 nd Australian Positive Psychology and Well-Being Conference	Monash University, Melbourne, AUSTRALIA
2010-present	Member, International Advisory Board	Global Chinese Positive Psychology Association
2010-present	Member, Advisory Board, Center for Happiness Studies	Seoul National University
2009-2020	Member, Product Advisory Board, Energy Inside	Cambridge, MA
2011-present	Member, Scientific Advisory Board, Hapacus	Milwaukee, Wisconsin
2008-2020	Member, Scientific Advisory Board, bLife	Pleasantville, NY

Oct 12, 2007	Discussant and Chair, SESP Symposium, "Promoting Versus Thwarting Hedonic Adaptation: Examining Barriers to Sustained Well-Being"	Society of Experimental Social Psychology conference, Chicago, IL
2007-2008	External Advisor, Masters Program in Positive Psychology	University of Pennsylvania
2011	Consultant, Department of Citrus	State of Florida
May 20, 2009	Consultant, HopeLab	Redwood City, CA
2008	Consultant, Live Life Well	Mental Health America, New York, NY
2007	Consultant, <i>Guide to Upliftment</i>	Salt Communications, London, UNITED KINGDOM
2008	Consultant, Research & Development	Unilever Headquarters, Rotterdam, NETHERLANDS
2008-2009	Advisor, Military Community & Family Policy	Department of Defense, Pentagon, Arlington, VA
2008-2009	Consultant, Life Potential	VentureMCS, Boston, MA
2008-2009	Advisor, WGBH-TV, The Science of Well-Being Multi-Media Initiative	Boston, MA
2005, 2006	Chair, Poster Award Committee	International Positive Psychology Summit
2005	Co-Organizer	5 th Annual International Positive Psychology Summit
Aug, 2006	Expert Consultant, Well-Being Group (Daniel Kahneman, P. I.),	National Institute of Aging (sponsor)
2006-present	Member, International Advisory Board, Centre for Applied Positive Psychology	University of Warwick, UNITED KINGDOM
1999-present	Member, Editorial Board	<i>Journal of Happiness Studies: An Interdisciplinary Periodical on Subjective Well-Being,</i>
2005-2006	Expert Consultant and On-Air Interviewer, <i>The Pursuit of Happiness</i> , feature documentary	Canadian Television (CTV) and Spinfree Productions
2004	Member, Poster Award Committee	International Positive Psychology Summit
2002, 2003	Member, Award Selection Committee	Senior Investigator Positive Psychology Award
2004	Master Lecturer	Authentic Happiness Coaching Course
2004-2012	Consultant, New Economics Foundation	London, UNITED KINGDOM
1999-2013	UCR Campus Representative, Psychology Student Research Fair	California State University, San Marcos
1999-2002	Listmaster, Positive Psychology Listserve	American Psychological Association
Aug 16, 1998	Organizer and Chair, APA Symposium, "Applied Issues in Mental Control"	American Psychological Association, San Francisco, CA

May 23, 1998	Organizer and Co-Chair, APS Symposium, "Mechanisms of Cultural Influence: Understanding Cultural Differences in Emotion, Morality, and Violence"	Association for Psychological Science, Washington D.C.
May 26, 1997	Organizer and Chair, APS Symposium, "Cultural Perspectives on Happiness and Well-Being"	Association for Psychological Science, Washington D.C.
1993	Consulting Reviewer, Program Review Committee	Western Psychological Association/Rocky Mountain Psychological Association, Phoenix, AZ

Ad Hoc Reviewer (Journals), *Psychological Bulletin*, *Journal of Personality and Social Psychology*, *Personality and Social Psychology Bulletin*, *Psychological Science*, *Health Psychology*, *Journal of Research in Personality*, *Motivation and Emotion*, *Cognition and Emotion*, *Personality and Individual Differences*, *Memory and Cognition*, *Cognitive Therapy and Research*, *Journal of Family Psychology*, *Journal of Clinical and Social Psychology*, *Journal of Nonverbal Behavior*, *Journal of Happiness Studies*, *British Journal of Clinical Psychology*, *Journal of Applied Social Psychology*, *Current Directions in Psychological Science*, *Perspectives on Psychological Science*, *Journal of Experimental Social Psychology*, *Social Cognition*, *Science*, *Social Psychological and Personality Science*, *PLOS ONE*, *Social Indicators Research*, *Personality and Social Psychology Review*, *PNAS*, *Philosophical Psychology*, *Journal of Positive Psychology & Well-Being*, *Computers in Human Behavior*, *Preventive Medicine*, *Brain*, *Behavior*, & *Immunity*,

External Reviewer (Grants), National Science Foundation, John Templeton Foundation, Cambridge Conservation Institute

TEACHING EXPERIENCE

Undergraduate

Introduction to Psychology
Social Psychology
Applications of Social Psychology
Psychology of Emotions
Psychology of Happiness and Virtue
Positive Psychology
Honors Research Seminar

Graduate

Academic Skills and Professional Development
Experimental Design and Analysis of Variance
Statistical Methods for the Social Sciences
Seminar: Science of Well-Being
Seminar: Affect and Cognition
Seminar: Emotion and Culture
Seminar: The Psychology of Mental Control

I am prepared to teach the following courses:

Introduction to Psychology
Social Psychology
Applications of Social Psychology

Science of Well-Being
Professional Development
Topical Graduate Seminars

Online & Other Teaching

2026	Instructor, biweekly Kaiser TMPG course, for Kaiser physicians	(with coaching by Lauren Weinstein)
2025-present	Instructor, weekly “Elevate Your Happiness” course	(with coaching by Lauren Weinstein)
Winter & Spring, 2023	Supervisor, R’Course	Building Sustainable Happiness (Hong-Yi Koo, Instructor)
2021-present	Instructor, Science of Happiness Audio Course	Himalaya Learning
2020-present	Co-Instructor, Science of Happiness eCourse, Masters in Positive Psychology	Instituto Europeo de Psicología Positiva, SPAIN
2018-present	Co-Instructor, Positive Psychology Certificate eCourse	School of Positive Transformation, London, UNITED KINGDOM
2015-2021	Creator and Instructor, 3-Week eCourse: “Be Happy: How to Bring More Joy to Your Life”	Life Reimagined, AARP & UnitedHealthcare
2015-present	Creator and Co-Instructor, 14-Week eCourse: “Reinventing Happiness,” with Deepak Chopra	DailyOm