



**Positivity: Summary of the Key Ideas - Original
Book by Barbara Fredrickson: Top-Notch
Research Reveals the Upward Spiral that Will
Change Your Life**

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Positivity is a choice and we can increase our positivity ratio by reducing the amount of negative emotions and focusing on the good things in our life. There are a number of techniques which can help with this transformation; including being more open to interacting with others, establishing meaningful connections and deriving joy from small things.

Who should read this book:

- Anyone who wants to become happier.
- People who want to learn how to be less negative and focus on positive emotions.
- Anyone interested in scientific research on positivity and how we can cultivate it to change our lives for the better.

In this summary:

Chapter 1: Use the power of positive emotions to bring more happiness into your life

Chapter 2: The ideal positivity ratio is: three positive emotions for every negative one

Chapter 3: Increase the amount of positive emotions to combat negativity

Chapter 4: Positivity can broaden our mind and make us open up more

Chapter 5: A positive mindset can lead to better health and a longer life

Chapter 6: Negativity cannot be eliminated completely, but it can be reduced

Chapter 7: Identify the episodes in your life which are most negative

Chapter 8: Avoid rumination and use meditation to separate your thoughts from your emotions

Chapter 9: Become more mindful of the positive things in your life

Chapter 10: Use the positivity tools to turn your languishing life into a flourishing one

Chapter 11: Final Summary

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From reader reviews:

Curtis Wilson:

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Amos Curley:

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