

Contents

	Alphabetical List of Contributors	ix
1	The Foundations of Flourishing Joseph Ciarrochi, <i>University of Wollongong, Australia</i> ; Todd B. Kashdan, <i>George Mason University, USA</i> ; Russ Harris, <i>Private Practice, Melbourne, Australia</i>	1
2	Mindfulness Broadens Awareness and Builds Meaning at the Attention-Emotion Interface Eric L. Garland, <i>Florida State University</i> ; Barbara L. Fredrickson, <i>University of North Carolina at Chapel Hill</i>	30
3	Love and the Human Condition Robyn D. Walser, <i>National Center for PTSD and TL Consultation Services; California</i>	68
4	Self-Compassion and ACT Kristin Neff, <i>University of Texas at Austin</i> ; Dennis Tirsch, <i>Weill- Cornell Medical College, American Institute for Cognitive Therapy</i>	78
5	Perspective Taking. Ian Stewart, <i>National University of Ireland, Galway</i> ; Louise McHugh, <i>University College Dublin</i>	107
6	Committed Action Lance M. McCracken, PhD, <i>Health Psychology Section, Psychology Department, Institute of Psychiatry, King's College London</i>	128

Mindfulness & Acceptance for Positive Psychology

- 7 Positive Interventions: Past, Present, and Future . . . 140
Acacia C. Parks, *Hiram College*; Robert Biswas-Diener, *Portland State University, Positive Acorn*
- 8 On Making People More Positive and
Rational: The Potential Downsides of
Positive Psychology Interventions 166
Mairéad Foody, Yvonne Barnes-Holmes, and Dermot Barnes-
Holmes, *National University of Ireland, Maynooth*
- 9 Microculture as a Contextual Positive Psychology
Intervention 194
Robert Biswas-Diener, *Portland State University, Positive Acorn*;
Nadezhda Lyubchik, *Portland State University*
- 10 Accepting Guilt and Abandoning Shame:
A Positive Approach to Addressing Moral
Emotions among High-Risk, Multineed Individuals. . .215
Elizabeth Malouf, Kerstin Youman, Laura Harty, Karen Schaefer,
and June P. Tangney, *George Mason University*
- 11 Using the Science of Meaning to Invigorate
Values-Congruent, Purpose-Driven Action 240
Michael F. Steger, *Colorado State University, North-West
University, South Africa*; Kelly Sheline, *Colorado State University*;
Leslie Merriman, *Colorado State University*; Todd B. Kashdan,
George Mason University

Contents

12	Nurturing Genius: Using Relational Frame Theory to Address a Foundational Aim of Psychology	267
	Bryan Roche, <i>National University of Ireland, Maynooth</i> ; Sarah Cassidy, <i>Smithsfield Clinic, Co. Meath, Ireland</i> ; Ian Stewart, <i>National University of Ireland, Galway</i>	
13	The Genuine Conversation	303
	Steven C. Hayes, <i>University of Nevada</i>	
	Index	323