

In this issue

AuthenticHappiness.org is a website run by Martin Seligman, director of the University of Pennsylvania Positive Psychology Center and founder of positive psychology. The site contains links to positive psychology research and other organizations associated with positive psychology, as well as questionnaires that measure users' levels of happiness, life satisfaction, and other attributes. www.authentichappiness.org

The Center for Mindfulness in Medicine, Health Care, and Society, based at the University of Massachusetts Medical School, runs a wide range of clinical, research, education, and outreach initiatives in the public and private sector. These initiatives include the renowned Stress Reduction Program—the oldest and largest academic medical center-based stress reduction program in the country. www.umassmed.edu/cfm/index.aspx, 508-856-2656

InnerKids is a national nonprofit organization that teaches children the skills of mindfulness in order to increase attentiveness and self-control, and reduce conflict among them. www.innerkids.org, 310-440-4869

The Killology Research Group, directed by Lt. Col. Dave Grossman, examines how healthy people (such as police and members of the military) react to killing another human being, and explores the factors that enable and restrain killing in these situations. It disseminates its work on

the psychological and social impact of killing through books, videos, and public presentations. www.killology.com, 870-931-5172

The Mind & Life Institute supports a working collaboration and research partnership between modern science and Buddhism. Often working in association with the Dalai Lama, it pursues a better understanding of how the mind works in order to alleviate suffering. www.mindandlife.org, 720-891-4292

The Research Project on Gratitude and Thankfulness, co-directed by Robert A. Emmons and Michael E. McCullough, is a long-term research project designed to create and disseminate a large body of novel scientific data on the nature of gratitude, its causes, and its potential consequences for human health and well-being. It has also tried to identify methods to cultivate gratitude in everyday life. An overview of its major findings to date is at <http://psychology.ucdavis.edu/labs/emmons>

The Robotic Life Group at the Massachusetts Institute of Technology Media Lab works on developing socially intelligent robots that communicate and cooperate with humans, and learn from them as well. Directed by MIT professor Cynthia Breazeal, the group has created the sociable robots Kismet and Leonardo. <http://robotic.media.mit.edu>, 617-253-5960

Research sources

The National Center for Learning and Citizenship is an organization of school district superintendents, service-learning professionals, and others who support service learning. Members are committed to linking school-based service and service learning to K-12 curriculum, and to organizing schools to maximize community volunteer efforts. www.ecs.org/nclc, 303-299-3600

The National Institute of Child Health and Human Development's Study of Early Child Care and Youth Development is the most comprehensive child care study conducted to date to determine how variations in child care are related to children's development. Its website provides a summary of the study, along with its data and applications of this data. <http://secc.rti.org/home.cfm>

The Stanford Center on Adolescence aims to promote the character and competence of all young people growing up in today's world. Its research focuses on the general question of how to prepare young people for active and productive citizenship in a democratic society. The center's work provides guidance for parenting, for improved educational practice, and for youth development in a wide variety of community settings. www.stanford.edu/group/adolescent.ctr, 650-725-8205

The World Database of Happiness tracks scientific research on the subjective enjoyment of life. Based at Erasmus University in the Netherlands, it collects findings from a wide variety of studies on happiness and presents an extensive bibliography of publications on happiness. www.worlddatabaseofhappiness.eur.nl

In the field

The Green World Campaign is “an open source charity”—a global network of individuals who identify sustainable, effective grassroots projects that can help people and the planet, then develop simple, direct ways to contribute to their success. www.greenworldcampaign.org

The Incredible Years are research-based programs for reducing children's aggression and behavior problems, and for increasing their social competence at home and at school. www.incredibleyears.com, 888-506-3562

SharpBrains offers science-based cognitive and emotional training products and programs, intended to help people improve their memory and overall “brain fitness.” www.sharpbrains.com, 888-742-7765

The Wellness Community is an international nonprofit organization that provides education and resources to people affected by cancer. It aims to help them regain a sense of control over their lives, reduce isolation, and restore hope regardless of the stage of their disease. www.thewellnesscommunity.org, 202-659-9709