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Barbara Fredrickson is Kenan Distinguished Professor of Psychology and principal investigator of the Positive Emotions and Psychophysiology Laboratory (a.k.a. PEP Lab) at the University of North...

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Via Positivity: Groundbreaking Research Reveals How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive: When my collaborators and I have asked people to become more aware of their kindness toward others, keeping a daily tally of each and every act of kindness, their positivity rises considerably.

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