

Additional Resources

Bending, Not Breaking: Resilience and the Role of Positive Emotions during Times of Stress

Websites:

American Psychological Association

<http://www.apa.org/>

International Positive Psychology Association

<http://www.ippanetwork.org/>

International Society for Research on Emotion

<https://isre.org/>

Military OneSource

<http://www.militaryonesource.mil/>

National Military Family Association

<http://www.militaryfamily.org/>

PEP Lab, University of North Carolina

<http://www.unc.edu/peplab/>

The Social and Affective Neuroscience Society

<http://www.socialaffectiveneuro.org/>

Society for Personality and Social Psychology

<http://www.spsp.org/>

Online Media/Podcasts:

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- Making Positive Psychology Work Podcast. (2017). *Barbara Fredrickson on Positive Psychology in 2017*. Podcast retrieved from: <https://www.michellemcquaid.com/podcast/mppw-28-barbara-fredrickson/>
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Articles:

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Books/Book Chapters:

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- Sinclair, R. R. & Britt, T.W. (2013) *Building Psychological Resilience in Military Personnel: Theory and Practice*. Washington: American Psychological Association.
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