

Table of Contents

About the Authors

Forward

Acknowledgments

Preface

SECTION I: INTRODUCTION AND BACKGROUND

1. Introduction

SECTION II: VIRTUES AND STRENGTHS IN MOVIES

The Virtue of Wisdom and Knowledge

2. Wisdom and Knowledge I: *Creativity and Curiosity*

3. Wisdom and Knowledge II: *Open-mindedness, Love of Learning, and Perspective*

The Virtue of Courage

4. Courage I: *Bravery and Integrity*

5. Courage II: *Vitality and Persistence*

The Virtue of Humanity

6. Humanity I: *Love*

7. Humanity II: *Kindness and Social Intelligence*

The Virtue of Justice

8. Justice: *Citizenship, Fairness, and Leadership*

The Virtue of Temperance

9. Temperance: *Forgiveness, Humility, Prudence, and Self-regulation*

The Virtue of Transcendence

10. Transcendence I: *Appreciation of Beauty/Excellence and Gratitude*

11. Transcendence II: *Hope and Humor*

12. Transcendence III: *Spirituality*

SECTION III: CONCLUSION AND APPENDICES

13. Conclusion: Summary and Future Directions

Appendix A: Exemplars in *Positive Psychology at the Movies*

Appendix B: Questions for Classroom, Therapy, and Movie Group Discussions

Appendix C: Positive Psychology Movie Clips

Appendix D: Sample Syllabus of a Positive Psychology Course that Uses Movies

Appendix E: Website Resources: Movies, Positive Psychology, and Strength Building

Appendix F: 100 Cheers: The American Film Institute's Top 100 Inspiring Movies

Appendix G: Positive Psychology Movies

References

Index