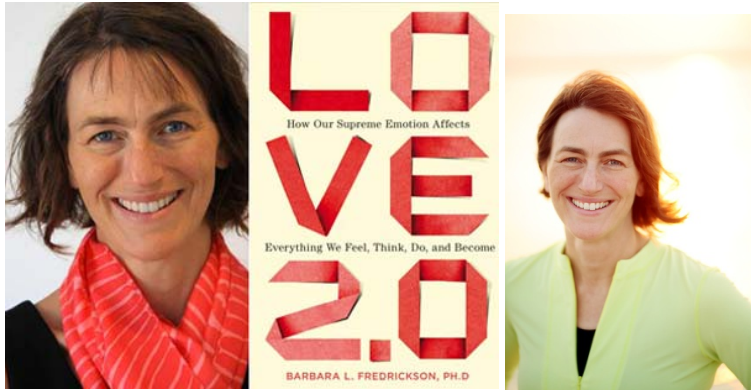


BARBARA FREDRICKSON INTERVIEW RECORDING – 2/22/13



Special note. This was a great interview. If you'd like to encourage others to listen to it, please send them to Barb's Interview Website to request the recording at <http://bit.ly/YNukzT>

Because we are charged a small fee each time this recording is played, we ask that you not send the recording link itself to others and that you not disseminate the links on websites or list servs. Just tell people they can get the recording themselves at <http://bit.ly/YNukzT>.

Barb's Interview Webpage (includes first chapter of *Love 2.0*)

<http://bit.ly/YNukzT>

Barb's book

[Love 2.0: How Our Supreme Emotion Affects Everything We Feel, Think, Do, and Become](#)

RECORDING (1:20:29)



STREAMING

<http://www.audioacrobat.com/play/WJ2NzFDk>

DOWNLOAD TO MP3

<http://mcptalk.audioacrobat.com/download/Fredrickson2-22-13Barb.mp3>

LISTENER COMMENTS

I thought the call was fabulous. One of the best I've heard. That may be because I'm less familiar with the work she presented, so it was mostly new to me. I got a lot out of it. Thanks,

Dear Ben,

She is really articulate and very smart. The whole interview was a micro-moment- actually all of your interviews Ben, are micro-moments- each of these calls energizes, stimulates, and moves me.

That said, I am still of the mind to value the work of M. Scott Pack- and both his definition of love and his definition of evil. (People of the Lie). I'm a clinician in practice more than 45 years and feel that we have to deal on both sides of the aisle- the best in people (love) and the worst in people (evil). I suspect both are hard wired which is perhaps

why war and conflict will always be with us- the Reptilian brain is deeply embedded and rears it's head on occasion. But the meditations and work of positive psychology can hopefully tilt the balance toward the more life affirming.

I would be interested in Barbara's take on how to deal with people who feel "diminished". Years back, I did some work on terrorism and thought that feeling diminished was a part of the core bath of emotionality that allowed terrorists to depersonalize those they attacked. But I also thought that is how they got their dopamine levels up. Barbara's collaborative work on obsession/addictions may be very very valuable and lead us into very exciting paths and perhaps out of the conundrum.

Best regards,

Dear Ben,

This was a fantastic call. Probably my favorite - and there have been some truly great ones! I'm just a little ways into her book right now, and there is so much great information and understanding. I appreciate her work very much, and I thought your interviewing was, as usual, excellent. You both covered a lot of ground in a short amount of time. All my best,

I *WILL* make some changes based on this interview! And personally -- as well as in my upcoming dissertation planning. Short term in my literature reviews and current doctoral course project, as well.

You are awesome Ben and thank you for doing this! My instructor just recommended I check Barb's work, a day or two before you announced this. I can't thank you enough!

I think her ability to speak so fluidly and simply regarding her research is just great. Her ability to link emotions to well-being is great and I can't wait for more research findings to emerge on this. Gemonics/epigenetics and other relations of emotions as an environmental influence to well-being is fascinating. Thanks for the invitation.

I very much appreciated the interview with Barb. I love the way you always manage to get your interviewees to reveal the person behind the research in addition to the actual research. So thank you.
Best regards, (Norway)

I LOVED the interview!

The best thing about BLF is that she is so grounded, and lacks all ego.
Her research always provides practical applications built on solid research.

Thanks, Ben.

Ben,

Thanks for inviting me to join the phone interview today. Dr. Fredrickson's research on eudaimonia and hedonics offers positive incentive to live the good life in order to be happy.

Hi Ben,

Sorry to say that I did not. I ended up with a pt in my office unexpectedly so had to miss it. I am familiar with her work and was very much looking forward to it.
Thank you for making this possible.

Loved it. Plan to get the book to get more detail. Especially like the idea of micro moments of connection.

Fabulous! I always learn so much from Barbara Fredrickson. I love that the science is there to support the research. Has a significant impact on the world going forward as well as today. Thanks so much for offering this program.

Hi Ben,

Thank you for the call – I do want to get the recording to re-listen – so much good information to process and work with.

Keep up your outstanding work!
Ben, Extremely Positive!
I found the interview fascinating. I'm eager to hear about her future research, and will probably pick up the book as a result of hearing her talk about it. Thanks!
That was a GREAT interview! Here is my thought-- Evidence-based approach/research to connecting and eventually enhancing mental and physical health is much needed and appreciated. Best regards,
Thought-provoking- down-to-earth- great questions from Ben and listeners - Joyful to hear Barbara's enthusiasm for her work and her enthusiasm for the future- Confirms so much of my spiritual training and work about working on the innermost attitude (deeper part of the mind and spirit) to experience love and create love all around you.
i am in Germany and did not hear the call, but hope to hear the replay or recording as I understand will be available?? the time change messed up my calculations and I am sorry I was not available as I had hoped. Please let me know when or how the recording will be available
Ben, I really enjoyed the interview with Barbara today. I especially enjoyed: <ul style="list-style-type: none"> • her warmth and kindness, which were evident in her voice • her thoughtful and positive responses to questions posed • her application of what she's learned to her own life (e.g., doing loving-kindness meditation with her husband every morning; greeting others kindly throughout the day) • her discussion of the preliminary findings in her latest research (effects of positive emotion on gene expression; hedonic vs. eudaimonic happiness and gene expression) • her pointer to her website <p>I visited her website at: www.positivityresonance.com and checked out most of the tabs. Then I actually did her loving-kindness mediation from her website, seated in the chair in front of my computer! It was great and I think I'll make it my daily morning practice upon awakening.</p> <p>It was a wonderful confluence of science (cognitive learning) and emotion (love/loving-kindness) applied!</p> <p>Thanks for setting up the interview! It must be very challenging to stay on top of her responses and manage the questions coming in and the time. (Not to mention all the prep and follow-up associated with the call!)</p> <p>Yes, I did hear the interview and I was quite pleased to be part of this amazing seminar. I got the information this opportunity early this morning through a newsletter, and I am so pleased to have found your website.</p> <p>I loved the micromoments concept -- I believe I've structured my life lately to have many micromoments, and now I can understand and appreciate them better.</p> <p>Here's one way the interview was immediately helpful to me: I have been asked to be the guest speaker at the _____ Unitarian Church and am currently writing a sermon on happiness. One of my roles is to lead the congregation in a few minutes of silent meditation. After listening to Barbara, I went to her website and practiced her version of the loving kindness meditation and immediately incorporated it into my remarks.</p> <p>Thanks to her, thanks to you -- it's been a great afternoon!</p>
Barbara is a highly effective speaker who is doing fascinating, eminently useful research. I'm really glad I made the time to listen.
My adjectives for the Barbara Fredrickson call are thus: uplifting, enlightening, motivating, introspective, challenging, encouraging, positive, healthy, inspiring. Thank you for the interview. I look forward to them all.

"Every thought you produce, anything you say, any action you do, it bears your signature." --Thich Nhat Hanh 😊

I caught half of it before I had to go. Interesting stuff. I look forward to a copy of the full recording.

Yes very positive

I'm a dietitian learnt loads applicable to myself and work

loud and clear

she's amazing!

Ben, thank you for all that you do.

Positive

Thanks Ben I am sick and in bed so I missed the call but look forward to the recording and will send feedback if you still want it after the recording goes out. Be well.

Hi Ben.

Comment for Barbara:

I am teaching Positive Psychology at _____ University this semester and for an assignment I had my students track their positivity ratio for and do a 15 minute loving kindness meditation every day for a week and the students were amazed at how much they got out of it! Loving kindness help students relaxed and feel more connected to people they were in conflict with AND help with homesickness.

Hey,

First time I have heard one of your Interviews. I had to leave early so I would love to hear the whole interview.

Hi, Ben,

What an inspiring call!

Barbara still deserves the accolade Marty gave her of "the genius of positive psychology." She has given us the best reasons in the world to promote positivity in ourselves and positivity resonance with others—they feed our well-being as individuals, couples, families, and beyond. What an incomparable knack for speaking directly about how love nourishes us, as she glides from physiologic details to real life examples with the grace of a ballet dancer. She holds the big picture (e.g., a world full of opportunities for love) as comfortably as she does the tiny details (e.g., the release of oxytocin and neural coupling).

I also appreciate her humility as she acknowledges ancient sources, colleagues, and graduate students. She knows about connection from the inside out. And yes, I will be taking lovingkindness "to the streets." Thank you, Ben!

Ben:

Great job! Shame on me that this was the first interview of yours that I have listened to but I liked the format—some interview and a good amount of time answering questions...a very rich format. Looking forward to reviewing some from the library.

Her recent research projects are all fascinating and like you can't wait to hear more about the results. She was superb! Thanks to you and Mentor Coach for allowing us to learn from people like her. Much appreciated!

Packed with information ;

Refreshing

Opportunities for many women/and men who have never married – in their 40's and feel like there's a piece of life missing to look at their lives and relationships from a different and positive perspective.

Great interview. I have her book but haven't had time to read it yet. Now, it's at the top of my list.

Thanks Ben for your questions which made the interview so fantastic.

Ben/Mentorcoach folks,

Started listening late (1:45), but loved the practical ideas (loving kindness meditation with one's spouse? How cool is that!) and the discussion about creating those micromoments even via technology (e.g., phone calls with one's college kids).

Great interview. Thank you!
<p>Hi Ben,</p> <p>Yes, I am so glad I was able to hear the entire call, and I found Barbara's information and findings to be <u>extremely positive</u>. I was not familiar with her work before, however, now I will check out her two books, and I have already visited her website, after the call.</p> <p>I was particularly fascinated by Barb's comments about the Love and Kindness meditation, and how helpful that had proven to be in reducing negative emotions.</p> <p>Also, Barbara's discussion about moments of connectedness, and how much these can improve our relationships and overall health. I have felt that these kind of "moments" certainly enhanced my life experience, however, until now, I had never heard a scientific discussion on this specific topic.</p> <p>I was also very interested to hear that when it comes to eating well and not doing things, such as drinking too much alcohol - sheer willpower, from the top down, on its own, has failed! Yes, I think there is evidence all around us to say that method has failed, as a long term tool.</p> <p>But, if we can find something that draws us to a more healthy lifestyle, that can be much more lasting and successful - wow! I paid particular attention to Barbara's discussion about the heart, because I have just had heart surgery, and during my recovery time, I thought I had noticed that interactions with others helped, sometimes far more than the medications! And now, here is information about that very thing, right in front of me, and from a respected researcher!</p> <p>Thank you to Barbara, for her fascinating and enlightening presentation, and Thank You, Ben, for the wonderful people that you bring before us, on a regular basis!</p> <p>*****</p>
I caught half of it before I had to go. Interesting stuff. I look forward to a copy of the full recording.
<p>Hi Ben:</p> <p>I had to drop off at 60 minutes but I thought the interview was good. I thought all the questions were good. The most interesting thing for me was her discussion of her work on the genome research.</p>
<p>I was unable to make the phone call, but would LOVE to hear the recording if that is possible. Can you let me know and the link, if so? Thank you,</p>
Interesting, insightful, helpful!
I just got to hear a portion of it and thought it was very good. Thank you!
<p>Hi, Ben,</p> <p>WOW!!! I felt this HUGE surge of excitement during your entire interview. Thanks for your kind words for for asking my question. I have sent super comments all over the web via social media. You were GREAT at getting Barb to pause and hit the high notes. Just terrific. I have loved so many interviews, but this one is platinum. Big hugs and a micro-moment of love, too, just for wonderful you (sight or not sight!),</p>
<p>Positive... Helped me expand my homework to clients from just assigning a Gratitude Journal to</p>

Assigning an added piece, a Positive Connection piece: "Think of a couple of things or incidences where you felt you connected positively with others."