

# Barbara Fredrickson

## Quotes

*Psychology, Positive, Positivity, People, Emotion, Three, Perspective, Yield, Endeavor, Movement, Solo, Mind, Opportunity, Might, Spring, Connections, Heart, Lying, Scream, Ideas*

Positivity opens us. The first core truth about positive emotions is that they open our hearts and our minds, making us more receptive and more creative.

~Barbara Fredrickson

Love is that micro-moment of warmth and connection that you share with another living being

~Barbara Fredrickson

Positivity doesn't just change the contents of your mind...It widens the span of possibilities that you see.

~Barbara Fredrickson

The negative screams at you but the positive only whispers.

~Barbara Fredrickson

Scientists have shown that because positive and open mindsets produce exploration and experiential learning, they also come to produce more-accurate mental maps of the world.

~Barbara Fredrickson

Flourishing is not a solo endeavor.

~Barbara Fredrickson

Positive emotions are not trivial luxuries, but instead might be critical necessities for optimal functioning.

~Barbara Fredrickson

Positivity transforms us for the better.

~Barbara Fredrickson

Love requires you to be physically and emotionally present. It also requires that you slow down.

~Barbara Fredrickson

It turns out that unexplained positivity lasts longer than positivity we analyze until we fully understand it.

~Barbara Fredrickson

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