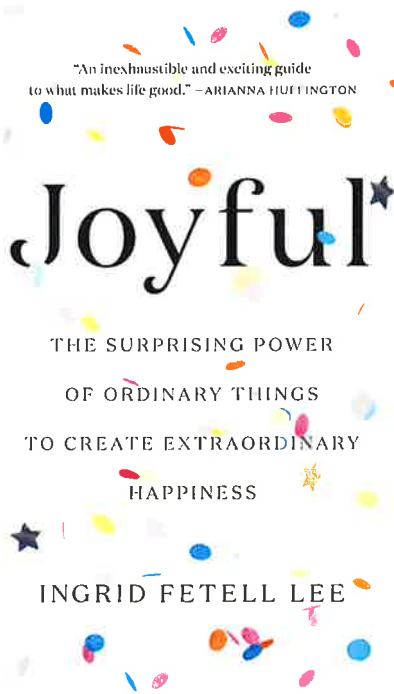


Advanced Placement Psychology Summer Reading 2019

Joyful

By Ingrid Fetell Lee

ISBN 978-0316399265



Welcome to A.P. Psychology! This summer, you are expected to read a book that will serve as an introduction to our survey of psychology.

The required reading for A.P. Psychology is Ingrid Fetell Lee's *Joyful*. As described at her website, aestheticsofjoy.com:

“Is there a reason that people — regardless of gender, age, culture, or ethnicity — are mesmerized by infants, and can't help but smile when they see a burst of confetti or a cluster of colorful balloons?”

We are often taught that our external environment has little or no impact on our inner joy. Increasingly, experts urge us to find balance and calm by looking inward — through mindfulness or meditation — and muting the outside world. But what if the natural vibrancy of our surroundings is actually our most renewable and easily accessible joy?

In *Joyful*, designer Ingrid Fetell Lee explores how the mundane spaces and objects we interact with every day have surprising and powerful effects on our mood. Drawing on cutting-edge neuroscience and psychology, she explains why one place makes us feel anxious or competitive, while another fosters delight and sharing — and, most importantly, she reveals how we can harness the power of our surroundings to live fuller, healthier, and truly joyful lives.”

It is expected that all A.P. Psychology students will read and annotate JOYFUL over the summer. Please have the book with you on the first day of class and be ready for a discussion. Plan to complete an evaluation by the end of the first week.

Should you have questions regarding the class or the summer reading you may contact Ms. Butterly (butterlb@nthsh.net), Ms. Jerutis (jerutiss@nthsh.net), or Ms. Rodgers (rodgerst@nthsh.net).