

LOVE 2.0
THE HISTORY, SCIENCE AND PRACTICE OF OUR
SUPREME EMOTION
OLLI – SPRING 2014
MELISSA J. MILLS
melissa.mills@duke.edu, 919-949-8733

Text: *Love 2.0: How Our Supreme Emotion Affects Everything We Feel, Think, Do, and Become* by Barbara L. Fredrickson, Ph.D.

Online Resources:

<http://www.positivityresonance.com/meditations.html>
<https://www.youtube.com/watch?v=Nw9x8MNoCJE>

April 15:	Introduction Chapter 1, Love, Our Supreme Emotion, pgs 3-14	
April 22:	Chapter 2, What is Love? Chapter 5, Loving Kindness	pgs 15-38 pgs 91-112
April 29:	Chapter 3, Love's Biology Chapter 6, Loving Self	pgs 39-62 pgs 113-138
May 6:	Chapter 4, Love's Ripples Chapter 7, Loving Others, in Sickness and in Health	pgs 63-90 pgs 139-160
May 13:	Chapter 8, Loving Without Borders	pgs 161-184
May 20:	Chapter 9, A Closing Loving Glance	pgs 185-195