## Contents

*Contributors*

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Authors</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction</td>
<td>Tammy Gregersen, Peter D. MacIntyre and Sarah Mercer</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Toward a Psychology of Well-Being for Language Learners: The ‘EMPATHICS’ Vision</td>
<td>Rebecca L. Oxford</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td><strong>Part 1: Theoretical</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Seeing the World Through Your Eyes: Empathy in Language Learning and Teaching</td>
<td>Sarah Mercer</td>
<td>91</td>
</tr>
<tr>
<td>4</td>
<td>The Dynamics of Past Selves in Language Learning and Well-Being</td>
<td>Joseph Falout</td>
<td>112</td>
</tr>
<tr>
<td>5</td>
<td>Language Learning and Teaching: What’s Love Got To Do With It?</td>
<td>Ana Maria F. Barcelos and Hilda Simone H. Coelho</td>
<td>130</td>
</tr>
<tr>
<td></td>
<td><strong>Part 2: Empirical</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Positive Psychology Exercises Build Social Capital for Language Learners: Preliminary Evidence</td>
<td>Tammy Gregersen, Peter D. MacIntyre and Margarita Meza</td>
<td>147</td>
</tr>
<tr>
<td>7</td>
<td>The Triumph Over Experience: Hope and Hardiness in Novice L2 Teachers</td>
<td>Phil Hiver</td>
<td>168</td>
</tr>
</tbody>
</table>
8 Advanced Language Learners’ Experiences of Flow in the Hungarian EFL Classroom
   Éva Czimmermann and Katalin Piniel
   193

9 Foreign Language Enjoyment and Foreign Language Classroom Anxiety: The Right and Left Feet of the Language Learner
   Jean-Marc Dewaele and Peter D. MacIntyre
   215

10 Accentuate the Positive: Conceptual and Empirical Development of the Positive L2 Self and Its Relationship to L2 Proficiency
   J. Lake
   237

11 Affect in Directed Motivational Currents: Positive Emotionality in Long-Term L2 Engagement
   Zana Ibrahim
   258

12 Project Perseverance: Helping Students Become Self-Regulating Learners
   R. Kirk Belnap, Jennifer Bown, Dan P. Dewey, Linnea P. Belnap and Patrick R. Steffen
   282

Part 3: Applied

13 Happiness in ESL/EFL: Bringing Positive Psychology to the Classroom
   Marc Helgesen
   305

14 Teaching to Learn and Well-Become: Many Mini-Renaissances
   Tim Murphey
   324

15 Why and How to Use Positive Psychology Activities in the Second Language Classroom
   Candy Fresacher
   344

16 Music and Language Learning: Emotions and Engaging Memory Pathways
   M. Carmen Fonseca-Mora and Francisco Herrero Machancoses
   359

17 Conclusion
   Peter D. MacIntyre, Tammy Gregersen and Sarah Mercer
   374

Index
   380