

Brian Martin
"Index" from
Doing Good Things Better
(Ed, Sweden: Irene Publishing, 2011)
available at <http://www.bmartin.cc/pubs/11gt/>

Index

- academics, 8–10
ACMP, 201–2, 207
ACMS, 202, 207–10
action, 5, 38, 75, 77, 89, 121, 126, 128, 140, 143, 158, 164, 167, 175–76, 193, 207–8, 216–17, 236–37. *See also* tactics
activism. *See* social action
adaptation, 60–61
Adbusters, 78
Advice for New Faculty Members, 19, 27
advocacy, types of, 116–20. *See also* citizen advocacy
advocate. *See* citizen advocacy
affirmative topic choice, 189–90
appreciative inquiry, 187–97
Argyle, Michael, 52–54
athletes, 11, 12, 20, 23–24, 26, 44–45, 70, 80–81, 148–49
attractiveness, 62
Authentic Happiness, 55, 75
authorities. *See* endorsement
awareness, 4, 36, 74, 76, 89, 121–24, 127, 139, 143, 158, 163, 167, 175, 193, 206–7, 213–14, 234, 236–37. *See also* tactics
Ayres, Nathaniel, 99–100

backfire model, 229–30, 233–37
Beard, Trevor, 172, 179–80
binge writing, 11–14, 22, 37
The Blind Side, 100n3
Boice, Robert, 11–17, 19–20, 26–29, 33, 35–37, 39–40, 49
Brickman, Philip, 59

Bridget Dougherty, 12–13
brief regular sessions, 13–16, 26–28. *See also* binge writing
Bright-sided, 90–97
Brontë, Charlotte and Emily, 42
Butterfield, Ken, 144

Canberra Peacemakers, 222, 224
Carson, Lyn, 196–97
CASE, 177–78
CASH, 179
Chai Chaisukkosol, 21
Chamber Music Network, 201
chamber music, 199–210. *See also* musicians
character strengths, 72–73
cheating, 131–34. *See also* honour codes
choices, 82, 169–71
citizen advocacy, 99–129, 217–18; advocate's viewpoint, 111–12; coordinator's viewpoint, 106–11; crisis matches, 112–13; protégé's viewpoint, 112
Clarke, Julie, 105, 118
climate, 58
collective level. *See* society; structures
consumerism, 77–79. *See also* income; materialism
Cooperrider, David, 187
cosmetic surgery, 62–63
The Creative Habit, 34
creativity, 14, 34–35, 41–42
credentials, 150, 153
criminal justice system, 79–80

- Csikszentmihalyi, Mihaly, 70, 72
 cycling, 160–61. *See also* athletes
- deliberate practice, 45–48
 design, 191
 destiny, 191
 disabilities. *See* citizen advocacy
 discovery, 190
 dissent, 224–25
 distractions, 18–19, 25–26, 30, 39.
 See also obstacles
 Dr. Research, 131–32
 dream, 191
 Dweck, Carol, 43–44
- education, 58. *See also* academics
 Ehrenreich, Barbara, 90–97
 endorsement, 4, 37–38, 75–76, 89,
 121, 125–26, 128, 139, 143,
 158, 164, 167, 175–76, 193,
 206, 208, 215–16, 236–37. *See
 also* tactics
 Enron, 186
 environment, individual, 237–38.
 See also individual; structures
 equality, 61–62, 83–84
 Ericsson, Anders, 45
 exercise. *See* athletes
 expert performance, 7, 41–49;
 writing as, 49
- FACSIA, 115, 117
 Finland, 178, 180
 flow, 70–72, 80–81
 focusing illusion, 53n4
 forgiveness, 66–67, 80
 Friends of the Earth, 221
 friendship, 3, 5, 232–33
- Gandhi, 226–27
Genius Explained, 41
 genocide, 3, 228, 230
 goals, 194–95
- good looks, 62
 good thing, 3–4, 211–12; chamber
 music as, 200; citizen
 advocacy as, 112; happiness
 as, 51–52; health as, 161–62;
 organisations as, 185; writing
 as, 10. *See also* tactics
 gratitude, 65–66, 72, 79, 84
 Gray, Tara, 8, 11, 14, 17–18, 20,
 29–31, 33–37, 39–40, 49
 Gray, Truda, 230
 greed, 79. *See also* consumerism;
 materialism
 Gregg, Richard, 228
 grudges, 64–65
- habit, 7, 13, 26, 30–31, 34–36,
 121, 141, 217–19
 Hall, Teresa, 145–46
 happiness, 51–97; and activism,
 86–87; climate and, 58;
 education and, 58; income and,
 58–62; of parents, 52–53; set
 point, 63; tactics for, 72–77
 happy activism, 86–87
 health, 155–84; disputes, 182–84;
 as good thing, 161–62;
 promotion, 166–69; running
 and, 157–58; salt and, 173–74
 high blood pressure. *See*
 hypertension
 honesty, 147–48, 151–52. *See also*
 cheating; honour codes
 honour codes, 131–53
The How of Happiness, 75–77
How to Write a Lot, 31
 Howe, Michael, 41–42
 hypertension, 173–76, 178, 180,
 182–83
- Illawarra Citizen Advocacy, 105–
 6, 117–18
 income, 58–62
- individual, 5, 83, 90, 94, 120–21,
 129, 140–41, 151–52, 195–97,
 206–7, 209–10, 217–18, 237.
 See also willpower
 inspiration, 14
- Jansen, Sue Curry, 230
 jiu-jitsu, political, 228–29
 Jody Warren, 32
 Johnson, Brad, 29–31
- Kerryn Hopkins, 7–8
 King, Stephen, 33–34, 49
 Kohn, Alfie, 149
 Kuh, George, 145–46
- Learned Optimism*, 67–68
 Lopez, Steve, 99–100
 Los Angeles, 99–100
 lottery winners, 59–60
 Lyubomirsky, Sonja, 75–77
- materialism, 61. *See also*
 consumerism; income
 McCabe, Donald, 137–38, 140–48
 methods, 4–5, 194–95. *See also*
 tactics
 Miller, Webb, 227
Mindset, 43
 mindsets, 43–44
 models, 238. *See also* backfire
 model
 moods, 54
 Mullen, Carol, 29–31
 musicians, 42–43, 45–47, 70–71,
 99–100; chamber, 199–210
- Netherlands, 160–61
 news, 1
 Nichole Georgeou, 15–16
 Niels, Gary J., 145–49
No Contest, 149
 nonviolence, 224, 226–28
- nuclear power, 221–22
 nudges, 169–72
- obstacles, 77–84, 120, 165–66,
 219
 Omaha, Nebraska, 100–2
On Writing, 33
 optimism, 1–2, 67–68
 orchestras, 199, 203–4. *See also*
 musicians
 organisations, 185–97; problem-
 fixing in, 185–87
- The Paradox of Choice*, 82
 peace, 168, 222–24
 people with disabilities. *See* citizen
 advocacy
 perfectionism, 15–17, 39
 persistence, 43. *See also* habit
 positive psychology, 91–95. *See
 also* happiness
 positive thinking, 91–97
 Powdthavee, Nick, 53n4
*The Power of Appreciative
 Inquiry*, 188
The Power of Nonviolence, 228
 prevention, 169
 prison, 79–80
 procrastination, 12, 40. *See also*
 willpower
 protégé. *See* citizen advocacy
The Psychology of Happiness, 52–
 54
Publish & Flourish, 8, 11
 publish or perish, 9–11
 publishing, 9–11
- Rice University, 134–37, 139–41
 running, 155–60. *See also* athletes
- salt, 172–84
Salt Matters, 172, 179
 savouring, 69–70, 72, 81–82, 84

- Schwartz, Barry, 82
 Segerstrom, Suzanne, 2
 self-advocacy, 116
 Seligman, Martin, 55, 67–68, 72–73, 75, 91–96
 set point, happiness, 63
 Sharp, Gene, 228
 Silvia, Paul, 31–32
 slow movement, 84
 smoking, 166–68
 social action, 85–88, 90, 218
 social change, 83, 90, 95–97
 social defence, 224
 social movements, 85–86
 society, 5, 166–67, 181–82. *See also* social change; structures
The Soloist, 100
 sports. *See* athletes
 Srivastva, Suresh, 187
Strangers to Ourselves, 56
 structures, 40, 77–84, 90, 122–27, 129, 140–41, 195–96, 207–10, 218–19. *See also* society
 Sunstein, Cass, 169–72
 system level. *See* structures
 systems advocacy, 116–17, 119
- tactics, 36–39, 72–77, 120–29, 139–40, 151–52, 157–158, 163–64, 167, 192–94, 206–10, 229–38; levels, 161. *See also* action; backfire; awareness; endorsement; understanding; valuing
 television, 1
 temptation, 181. *See also* distractions; obstacles
 Thaler, Richard, 169–72
 Tharp, Twyla, 34–35
 Trevino, Linda, 137–38, 140–48
 Trosten-Bloom, Amanda, 188–91
 understanding, 4, 37, 74–76, 89, 121, 124–25, 127–28, 139, 143, 158, 163, 167, 175–76, 193, 206, 208, 215, 235–37. *See also* tactics
 valuing, 4, 36–37, 74, 76, 89, 121, 124, 127, 139, 143, 158, 163, 167, 175–76, 193, 206–7, 214–215, 234, 236–37. *See also* tactics
 Varney, Wendy, 228
 Vickers, Adrian, 228
 Vicki Crinis, 19
- war. *See* peace
 WASH, 179
 whistleblowers, 225–26
 Whistleblowers Australia, 225
 Whitney, Diana, 188–91
 willpower, 25–26, 38, 40, 77, 176, 181. *See also* habit; procrastination
 Wilson, Timothy, 56–57
 Wolfensberger, Wolf, 101, 104–5
 Wright, Steve, 230
Write to the Top!, 29
 writing, 7–49; binge, 11–14, 22, 37; as core activity, 23–25; distractions, 18–19; efficient, 22–23; as expert performance, 49; pace, 20–21, 33–34; programmes, 17–23; willpower, 25–26, 38

Good things in life, such as happiness and health, are often taken for granted. All the attention is on problems. Yet good things do not happen by themselves — they need to be fostered. How to do this is the theme of *Doing Good Things Better*.

For years, Brian Martin has studied tactics against injustice. He has now turned his strategic focus to good things, looking for common patterns in what it takes to protect and promote them. Some of his topics are familiar, like writing and happiness. Others are less well known, such as citizen advocacy and chamber music. The same basic tactics are relevant to all of them.

Doing Good Things Better provides ideas and inspiration for fostering the things you care most about.

Brian Martin is professor of social sciences at the University of Wollongong, Australia. He runs writing programmes, teaches a class on happiness and plays the clarinet.