

Positivity Rocks - Positive Psychology Song List

Dr. John Schinnerer www.GuideToSelf.com @johnschin

Positive Psychology - Songs to Elevate, Inspire and Increase Happiness

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Compiled by John Schinnerer, Ph.D.

Song Title	Artist/Band	Album	Genre
Don't Look Back	Peter Tosh And Mick Jagger	Inna Reggae Stylee: Classic Songs In A Reg	Reggae
Higher & Higher	Jackie Wilson	Jackie Wilson: 20 Greatest Hits	
1 + 1 = 2	Lou Bega	A Little Bit of Mambo	
A Beautiful Morning	The Rascals	Time Peace: The Rascals' Greatest Hits	Classic Rock
A Dream	Common w/ will.i.am	Freedom Writers (Motion Picture)	Soundtrack
Accidentally In Love	Counting Crows	Shrek 2	Soundtrack
Ain't No Stoppin' Us Now	McFadden & Whitehead	Club Epic, Vol. 2	
Alive	P.O.D.	Satellite	
All Love	Ziggy Marley and the Melody Makers	One Bright Day	Reggae
All Star	Smash Mouth	Astro Lounge	rock
All You Need Is Love	The Beatles	1967-1970	Pop
At The Hop	Danny & The Juniors	Oldies But Goodies Vol. 2	Rock
Barbara Ann	The Beach Boys	Oldies But Goodies Vol. 2	Rock
Beautiful	Christina Aguilera	Stripped	pop
Beautiful Boy (Darling Boy)	John Lennon	The John Lennon Collection	Rock
Beautiful Day	U2	The Best of 1990-2000	Rock
Believe	Josh Groban	The Polar Express Soundtrack	Soundtrack
Better Now	Collective Soul	Youth	
Better Things	The Kinks	Come Dancing With the Kinks	Classic Rock
Better Together	Jack Johnson	In Between Dreams	Adult contemporary
Blue Heaven	The Pogues	Essential Pogues	Rock
Brown Eyed Girl	Jimmy Buffett	Boats, Beaches, Bars & Ballads	Pop
Brown Eyed Girl	Van Morrison	Best of Van Morrison	Classic Rock
Bubbly	Colbie Caillat	Bravo The Hits 2007	Blues
Can You Feel The Love Tonight?	Elton John	Lion King	Soundtrack
Cannibals	Mark Knopfler	Golden Heart	Rock
Catch Me (Short)	Ali Tabatabaee/Krebitz/Riemann	Bandits [1999 Sire]	Soundtrack
Celebration	Kool & The Gang	Celebrate!	
Champion	Flipsyde	Champion - Single	Hip Hop/Rap
Charmed Life	OST	Uptown Girls	Soundtrack
Cheeseburger in Paradise	Jimmy Buffett	Greatest Hits	
Child Of Mine	Carole King		
Closer to Free	The BoDeans	Best of Bodeans: Slash & Burn	Rock
Colors	will.i.am	Freedom Writers (Motion Picture)	Soundtrack
Come On Get Happy	The Partridge Family	Come On Get Happy - The Best of...	Theme Song

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Come On Over	Shania Twain	Come On Over	Country
Come So Far (Got So Far to Go)	Queen Latifah, Nikki Blonsky, Zac Efron & Hairspray (Soundtrack)		Soundtrack
Crazy	Gnarls Barkley	St. Elsewhere	Blues
Crazy Little Thing Called Love	Queen	Greatest Hits	Rock
Dance to the Music	Sly & The Family Stone	Dance to the Music	R&B/Soul
Dancing In The Dark	Bruce Springsteen	Born In The U.S.A.	Rock
Dancing in the Street	Martha Reeves & The Vandellas		
Darlin` Do Not Fear	Brett Dennen	So Much More	Blues
Diamonds on the Soles of Her Shoes	Paul Simon	Graceland	
Die Walkure - The Ride Of The Valkyries	Wagner, Richard	Mad About Wagner	Classical
Diving	Hip Son	UpBeat	Dance
Do The Mess Around	Ray Charles		Jazz
Do Wah Diddy Diddy	Manfred Mann	The Best of Manfred Mann	
Do You Believe In Magic	Aly & A.J.	Do You Believe In Magic - Single	Pop
Do You Wanna Dance	The Beach Boys	The Greatest Hits, Vol. 1	Rock
Don't Fence Me In	David Byrne	Red Hot + Blue: A Tribute to Cole Porter	Rock
Don't Look Back	Mick Jagger/Peter Tosh	Inna Reggae Stylee	Reggae
Don't Stop	Fleetwood Mac	Greatest Hits	Classic Rock
Don't Stop Me Now	Queen	Queen: Greatest Hits I & II	
Don't Worry, Be Happy	Bobby McFerrin	Simple Pleasures	
Dream Big	David Cook	Dream Big (American Idol Performance) - !	Pop
Dream On	Aerosmith	Gold	Rock
Dreamer	Chris Brown	Dreamer - Single	R&B/Soul
Dreams	Cranberries	The Cranberries	
Dum Diddy	Black Eyed Peas/Dante Santiago	Monkey Business	Rap & Hip-Hop
Escape Part One	Mcvicar	Soundtrack by Roger Daltrey	
Even Better Than the Real Thing	U2	Achtung Baby	Rock
Every 1's a Winner	Hot Chocolate	The Very Best of Hot Chocolate	
Every Little Thing She Does is Magic	The Police	Message in a Box	Rock
Everybody Wants You	Josh Kelley	For the Ride Home	Pop
Everyday	Dave Matthews Band	Everyday	Rock
Everything	Ben Harper	Diamonds On The Inside	Alternative
Everything About It Is A Love Song	Paul Simon	Surprise	
Fall Back Down	Rancid	Indestructible	Rock
Fame	Irene Cara	Fame (Soundtrack from the Motion Pictur Soundtrack	
Fanfare For Rocky	Bill Conti	Rocky Soundtrack	Soundtrack
Fast Car (feat. Paul Simon)	Wyclef Jean	Carnival, Vol. II	Hip-Hop/Rap
Father & Daugher	Paul Simon	Surprise	

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Finally Woken	Jem	Finally Woken	
Flashdance (What a Feeling)	Irene Cara	Flashdance	Soundtrack
For Once in My Life	Stevie Wonder	Stevie Wonder: The Definitive Collection	
Forever	Chris Brown	Forever - Single	R&B/Soul
Forever Young	Rod Stewart	Storyteller - The Complete Anthology	Classic Rock
Forgiveness	Amy Sky	Burnt By The Sun	Rock
From This Moment On	Shania Twain	Come On Over	Country
Fun, Fun, Fun	The Beach Boys	The Greatest Hits, Vol. 1	Rock
Get Over It	The Eagles	Hell Freezes Over	Rock
Get Up, Stand Up	Bob Marley	Africa Unite	Reggae
Get'cha Head in the Game	High School Musical	Soundtrack	Soundtrack
Getting Better	Smash Mouth	All Star Smash Hits	rock
Give A Little Love	Aswad	Crucial Tracks: Best Of Aswad	Reggae
Going The Distance	Bill Conti	Rocky Soundtrack	Soundtrack
Gonna Be My Girl	Jet		Blues
Gonna Fly Now	Bill Conti	Rocky Soundtrack	Soundtrack
Good Mother	Jan Arden	Living Under June	Pop
Good Things	The BoDeans	Best of Bodeans: Slash & Burn	Rock
Good Vibrations	The Beach Boys	The Greatest Hits, Vol. 1	Rock
Good Vibrations	Marky Mark & The Funky Bunch	Music For The People	Hip Hop/Rap
Hakuna Matata	Baha Men	Disneymania	Children's
Hallelujah (Your Love Is Amazing)	Brenton Brown	WOW Worship [Disc 2]	Gospel & Religious
Happy Girl	Martina McBride		Country
Happy Together	The Turtles	Happy Together	Classic Rock
Here Comes the Sun	The Beatles		Pop
Heroes	David Bowie	Heroes	Rock
Hey There Delilah	Plain White T's	Hey There Delilah	Alternative
Hope	Shaggy	Hot Shot	Reggae
Hot for Teacher	Van Halen		
Hot Hot Hot (Radio Edit)	Buster Poindexter	Hot Hot Hot - EP	Dance
How Sweet It Is (To Be Loved By You)	James Taylor	The Best of James Taylor	Adult contemporary
How You Live	Point Of Grace	How You Live	Contemporary Christian
I Am Not My Hair	India Arie w/Akon	Testimony: Vol. 1	Soul and R&B
I Believe I Can Fly	R. Kelly	R.	
I Believe In You	Bette Midler	Bette Of Roses	Adult contemporary
I Believe In You	Kylie Minogue	Ultimate Kylie	pop
I Can See Clearly Now	Johnny Nash	The Reggae Collection	
I Don't Ever Give Up	Patty Griffin	Children Running Through	Folk

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I Got You (I Feel Good)	James Brown	James Brown: The 50th Ann. Collection	
I Just Want to Celebrate	Rare Earth	The Best of Rare Earth	
I Like It	Dixie Chicks	Taking the Long Way	Country
I Will Never Be the Same	Melissa Etheridge	Yes I Am	Rock
I Won't Back Down	Tom Petty	Full Moon Fever	Rock
I'm A Believer	Smashmouth	Originally by The Monkees	Alternative
If I Had A Million Dollars	Barenaked Ladies	Rock Spectacle	Alternative
I'm Alright (From "Caddyshack")	Kenny Loggins	The Greatest Hits of Kenny Loggins	
I'm Coming Out	Diana Ross	Number 1's: Diana Ross & The Supremes	
I'm Every Woman	Chaka Kahn or Whitney Houston	The Bodyguard	Soundtrack
I'm Into Something Good	Herman's Hermits	Herman's Hermits Retrospective	
I'm Still Standing	Elton John	Too Low for Zero	Slow Rock
Imagine	John Lennon	The John Lennon Collection	Rock
In The Mood	Glenn Miller and His Orchestra	The Fabulous Swing Collection	Jazz
It's Alright	Dar Williams	It's Alright - EP	Folk
It's Amazing	Mindy Smith	One Moment More	Folk
It's My Turn Now	Keke Palmer	Jump In!	Soundtrack
It's Still Rock And Roll To Me	Billy Joel	Greatest Hits Volume II	Rock
I've Just Seen a Face	Jim Sturgess	Across the Universe	Soundtrack
Johnny B. Goode	Peter Tosh	Inna Reggae Style	Reggae
Joy	Mick Jagger	Goddess In the Doorway	Rock
Jump Jive An' Wail	Brian Setzer Orchestra	The Dirty Boogie	Swing
Jungle Jym (Featuring G.love)	Jack Johnson	Sing-A-Longs & Lullabies For T	Other
Jungle Love	Steve Miller Band	Greatest Hits	Classic Rock
Just Dance	Lady GaGa & Colby O'Donis	The Fame	Pop
Keep On Growing	Sheryl Crow	Boys on the Side Soundtrack	
Legacy	Nicole Nordeman	Woven and Spun	
Let it Go	Tim Mcgraw	Let it Go	Country
Let My Love Open the Door	Pete Townshend	The Best of Pete Townshend	Rock
Let the Music Play	Shannon	Club Epic - a Collection of Classic Dance M	Dance
Let's Live for Today	The Grass Roots	The Best of the Grass Roots	Rock
Life Is a Miracle	Pato Banton	Life Is a Miracle [Hollywood]	Reggae
Lift Me Up	Kate Voegele	Lift Me Up - Single	Rock
Like A Rock	Bob Seger	Greatest Hits	Rock
Listen to Your Heart	D.H.T. Featuring Edmée	Listen to Your Heart	Dance
Little Deuce Coupe	The Beach Boys	The Greatest Hits, Vol. 1	Rock
Little Less Conversation	Elvis Presley	Greatest Hits	Classic Rock
Live For Today	Natalie Grant	Deeper Life	Religious

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Live For Today	Kottonmouth Kings	xperience	Rap/R&B
Live It Up	Jeannie Ortega	Jump In!	Soundtrack
Live Your Life	T.I. (feat. Rihanna)	Paper Trail (Deluxe Version)	Hip Hop/Rap
Love and Some Verses	Iron & Wine	Our Endless Numbered Days	Rock
Love Can Move Mountains	Celine Dion	Touched By An Angel: The Album	Soundtrack
Love Comes	The Posies	Every Kind of Light	Rock
Love Generation	Bob Sinclar & Gary Pine	Love Generation - EP	Dance
Love Is The Only Law To Obey	Ziggy Marley and the Melody Makers	One Bright Day	Reggae
Love Stimulation (Blank & Jones Remix)	Humate	Best of Trance, Vol.2 - The Early Classics of Electronic	
Love Train	The O'Jays	The Ultimate O'Jays	Classic Rock
Love Wins Every Time	McMaster and James		
Love, Reign O'er Me	The Who	Quadrophenia	Classic Rock
Lovely Day	Bill Withers	The Best of Bill Withers - Lean on Me	
Lovely, Love My Family	The Roots	Yo Gabba Gabba!	Childrens'
Magic Bus	The Who	Thirty Years Of Maximum R&B [Disc 2]	Rock
Mambo No. 5	Lou Bega	A Little Bit of Mambo	
Man Smart (Woman Smarter)	Harry Belafonte	Greatest Hits	
Man! I Feel Like A Woman!	Shania Twain	Come On Over	Country
Margaritaville	Jimmy Buffett	Boats, Beaches, Bars & Ballads	Pop
Me & Julio Down By The Schoolyard	Paul Simon	Negotiations and Love Songs	
Mexico	Jimmy Buffett	Greatest Hits	
Molly Smiles	Jesse Spencer	Uptown Girls	Soundtrack
Moondance	Van Morrison	Moondance	Classic Rock
My Favorite Things	Julie Andrews	The Sound of Music	Soundtrack
Na Na Hey Hey Kiss Him	Steam	Remember the Titans Soundtrack	Soundtrack
Never Gonna Break My Faith	Aretha Franklin & Mary J. Blige	Bobby (Soundtrack)	Soundtrack
Ob-La-Di, Ob-La-Da	The Beatles	1967-1970	Pop
Oh Happy Day	The Edwin Hawkins Singers	Oh Happy Day	
One Bright Day	Ziggy Marley and the Melody Makers	One Bright Day	Reggae
One Love	Bob Marley	One Love: The Best of Bob Marley	Reggae
O-o-h Child	The Five Stairsteps	The Best of the Five Stairsteps	Classic Rock
Our House	Madness	Total Madness	Ska
Over The Rainbow	Iz Kamakawiwo'ole	Alone In Iz World	World
Peace Love and Happiness	Bob Marley	Jamaican Reggae	Reggae
Peace Train	Cat Stevens	Remember the Titans	Soundtrack
Peace, Love and Understanding	Elvis Costello & the Attractions	The Best of Elvis Costello & the Attraction:	Rock
Pon de Replay	Rihanna	Music of the Sun	Rap & Hip Hop
Pretty Little Angle Eyes	Curtis Lee	Oldies But Goodies Vol. 2	Rock

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Push It to the Limit	Corbin Bleu	Jump In!	Soundtrack
Put a Little Love in Your Heart	Al Green & Annie Lennox	Testify	
Rama Lama Ding Dong	The Edsels	Oldies But Goodies Vol. 2	Rock
Ray of Light	Madonna	Ray of Light	Pop
Right Now	Van Halen	The Best of Van Halen, Vol. 1	Rock
Rock This Party (Everybody Dance Now)	Big Ali, Bob Sinclar & Dollar Man	Western Dream	Dance
Rock This Town	Brian Setzer Orchestra	The Dirty Boogie	Swing
Runnin Down A Dream	Tom Petty	Full Moon Fever	Rock
Shake Your Tail	Ray Charles		Jazz
Shine	Collective Soul	Hints, Allegations, and Thing	Rock
Shiny Happy People	R.E.M.	Out of Time	
Sing, Sing, Sing (With A Swing)	Benny Goodman and His Orchestra	The Fabulous Swing Collection	Jazz
Smile Like You Mean It	The Killers		
Somewhere Over The Rainbow	Iz Kamakawiwo'ole	Facing Future	World
Son of Man	Phil Collins	Tarzan	Soundtrack
Space Jam	The Space Cadets	The Beat Speaks	Dance
Stand by Me	Ben E. King		Classic Rock
Straight, No Chaser	Miles Davis	Miles Davis: The Columbia Years 1955-198	Jazz
Suddenly I See	KT Tunstall	Eye to the Telescope	Pop
Sun Is Shining	Bob Marley	Kaya	Reggae
Sunshine of Your Love	Cream	The Very Best of Cream	Classic Rock
Supposed To Be	Jack Johnson	Sing-A-Longs & Lull.	Childrens'
Surfin' Safari	The Beach Boys	The Greatest Hits, Vol. 1	Rock
Sweet Escape	Gwen Stefani	Sweet Escape (Feat. Akon)	Pop
Testify To Love	Wynonna	Touched By An Angel: The Album	Soundtrack
Thank yous	Janis Ian	Stars	
The 59th Street Bridge Song	Simon & Garfunkel	Simon and Garfunkel's Greatest Hits	
The Bare Necessities	Bruce Reitherman & Phil Harris	The Jungle Book	Children's Music
The Best	Tina Turner	Foreign Affair	Classic Rock
The Harder They Come	Jimmy Cliff	In Concert [Live]	Reggae
The House Is Rockin'	Stevie Ray Vaughan	Greatest Hits	Blues
The Middle	Jimmy Eat World	Jimmy Eat World	Alternative
The Tide Is High	Blondie	Best of Blondie	Rock
The Time of Your Life	Randy Newman	A Bug's Life (Soundtrack)	Soundtrack
These Eyes	The Guess Who	Greatest Hits	Classic Rock
Thinkin' About You	Trisha Yearwood		Country
Three Little Birds	Bob Marley	Africa Unite - The Singles Co	Reggae
Time of Your Life	Green Day		Punk

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True Colors	Macy Gray		Other
True Love Will Never Fade	Mark Knopfler	Kill to Get Crimson	Pop
Try a Little Harder	The Rolling Stones	Singles Collection: The London Years Disc 1	Rock
Tubthumping	Chumbawamba	Tubthumper	
Two Worlds	Phil Collins	Tarzan	Soundtrack
Umbrella - Radio Edit	Rihanna	Umbrella (Feat. Jay-Z)	
Under the Sea	Samuel E. Wright	Little Mermaid - Soundtrack	Soundtrack
Unwritten	Natasha Bedingfield	Unwritten	pop
Up!	Shania Twain	Greatest Hits	Country
Upbeat	Terry Devine-King	Retro Grooves	Jazz
Walk With You	Della Reese & The Verity All-Stars	Touched By An Angel: The Album	Soundtrack
Walking On Sunshine	Katrina & The Waves	Anthology	
We Will Rock You	Queen	Queen: Greatest Hits	
We're Going To Be Friends	Jack Johnson	Sing-A-Longs & Lullabies	Childrens'
What a Beautiful Day	Chris Cagle	Chris Cagle	
What a Wonderful World	Louis Armstrong	What a Wonderful World	Big band
When You Believe	Mariah Carey & Whitney Houston	My Love Is Your Love	
Where Is The Love	Black Eyed Peas	Elephunk	
Why Can't We Be Friends	War	Downloaded War	Classic Rock
With a Little Luck	Paul McCartney & Wings Wingspan - Hits and History		
With My Own Two Hands	Ben Harper	Diamonds On The Inside	Other
With My Own Two Hands	Jack Johnson	Sing-A-Longs & Lullabies	Childrens'
Wonderful World, Beautiful People	Jimmy Cliff	The Best of Jimmy Cliff	Reggae
Wouldn't It Be Nice	The Beach Boys	The Greatest Hits, Vol. 1	Rock
Yellow Submarine	The Beatles	1962-1966 [Disc 2]	Pop
You Ain't Seen Nothing Yet	Bachman-Turner Overdrive	The Best of BTO	Classic Rock
You Are My Number One	Smashmouth with Ranking Roger	Get The Picture?	Alternative
You Are So Good To Me	Third Day	WOW Worship [Disc One]	Gospel & Religious
You Can Get It If You Really Want	Jimmy Cliff	The Best of Jimmy Cliff	Reggae
You Can't Stop the Beat	Amanda Bynes, Elijah Kelly, John Travolta	Hairspray (Soundtrack)	Soundtrack
You Got It	Roy Orbison or Bonnie Raitt	Roy Orbison - Mystery Girl	
You Make Me Feel Like Dancing	Leo Sayer	The Very Best of Leo Sayer	Rock
You'll Be Blessed	Elton John	Made in England	Slow Rock
You're Still The One	Shania Twain	Come On Over	Country
You've Got a Friend In Me	Randy Newman	Toy Story (Soundtrack)	Soundtrack
Zoot Suit Riot	Cherry Poppin' Daddies	Zoot Suit Riot	Swing