

Learned Optimism: How to Change Your Mind and Your Life

By Martin E. P. Seligman

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The father of the new science of positive psychology and author of *Authentic Happiness* draws on more than twenty years of clinical research to demonstrate how optimism enhances the quality of life, and how anyone can learn to practice it. Offering many simple techniques, Dr. Seligman explains how to break an “I—give-up” habit, develop a more constructive explanatory style for interpreting your behavior, and experience the benefits of a more positive interior dialogue. These skills can help break up depression, boost your immune system, better develop your potential, and make you happier..

With generous additional advice on how to encourage optimistic behavior at school, at work and in children, *Learned Optimism* is both profound and practical—and valuable for every phase of life.

"Vaulted me out of my funk.... So, fellow moderate pessimists, go buy this book." —Marian Sandmaier, *The New York Times Book Review*

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Editorial Review

Amazon.com Review

Martin Seligman, a renowned psychologist and clinical researcher, has been studying optimists and pessimists for 25 years. Pessimists believe that bad events are their fault, will last a long time, and undermine everything. They feel helpless and may sink into depression, which is epidemic today, especially among youths. Optimists, on the other hand, believe that defeat is a temporary setback or a challenge--it doesn't knock them down. "Pessimism is escapable," asserts Seligman, by learning a new set of cognitive skills that will enable you to take charge, resist depression, and make yourself feel better and accomplish more.

About two-thirds of this book is a psychological discussion of pessimism, optimism, learned helplessness (giving up because you feel unable to change things), explanatory style (how you habitually explain to yourself why events happen), and depression, and how these affect success, health, and quality of life. Seligman supports his points with animal research and human cases. He includes tests for you and your child--whose achievement may be related more to his or her level of optimism/pessimism than ability. The final chapters teach the skills of changing from pessimism to optimism, with worksheet pages to guide you and your child. --*Joan Price*

From Library Journal

The author, a leading expert on the theory and treatment of depression, has written a lively, very accessible book on the power of a positive outlook and how to develop it. Basing his theories on his original research on "learned helplessness," Seligman goes on to develop a systematic model for the cognitive treatment of depression. This book summarizes his more recent work on a person's characteristic predisposition toward optimism or pessimism. Convincingly demonstrating that an optimistic mood contributes to one's success and happiness, Seligman goes on to demonstrate how a more optimistic outlook can be developed. Presented for lay readers, this book can be highly recommended to professionals as well for its lucid and informative introduction to cognitive therapy and its approach to issues of mood and depression.

- *Paul Hymowitz, New York Medical Coll.*

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Review

"Vaulted me out of my funk. . . . So, fellow moderate pessimists, go buy this book." — *The New York Times Book Review*"One of the most important books of the century--an absolute must-read for all persons interested in genuinely understanding and helping our fellow human beings." —Dr. Robert H. Schuller, author of *Tough Times Never Last, But Tough People Do* "Dr. Seligman makes an optimistic case for optimism: you can learn it, you can measure it, you can teach it, and you will be healthier and happier for it." —Dr. Aaron T. Beck, author of *Love is Never Enough*"A system for reforming the most entrenched pessimist." —*Philadelphia Daily News*

Users Review

From reader reviews:

Gloria Wells:

In this 21st hundred years, people become competitive in every single way. By being competitive right now, people have do something to make these survives, being in the middle of the actual crowded place and notice

by simply surrounding. One thing that oftentimes many people have underestimated it for a while is reading. Yep, by reading a book your ability to survive improve then having chance to stay than other is high. In your case who want to start reading some sort of book, we give you this kind of Learned Optimism: How to Change Your Mind and Your Life book as beginning and daily reading reserve. Why, because this book is usually more than just a book.

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