



Learned Optimism

You can significantly improve your life -- starting today -- with the power of Learned Optimism. In this groundbreaking national bestseller, Martin E.P. Seligman shows you how to chart a new approach to living with "flexible optimism." Drawing from more than twenty years of clinical research, Dr. Seligman outlines easy-to-follow techniques that have helped thousands of people rise above pessimism and the depression that accompanies negative thoughts and build a life of rewards and lasting happiness. Learned Optimism shows you how to: recognize your "explanatory style" -- what to say to yourself when you experience set-backs -- and how it influences your life; boost your mood and your immune system -- with healthful thoughts help your children to practice the thought patterns that encourage optimism; break the "I-give-up" habit with Dr. Seligman's ABC techniques; change your interior dialogue and experience the astonishing positive results (0671019112)

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