

NATIONAL BESTSELLER

# LEARNED OPTIMISM

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How to Change  
Your Mind and  
Your Life

WITH A NEW PREFACE

MARTIN E. P. SELIGMAN, Ph.D.

*Author of Authentic Happiness*

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

Martin E. P. Seligman

## Learned Optimism: How to Change Your Mind and Your Life



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National Bestseller The father of the brand new science of positive psychology and writer of Authentic Pleasure draws on a lot more than twenty years of clinical research to show how optimism enhances the standard of life, and how anyone can learn to practice it.. Seligman explains how to break an “We—. habit, create a even more constructive explanatory style for interpreting your behavior, and go through the benefits of a far more positive interior dialogue. Marian Sandmaier, The New York Times Publication Review" With generous additional advice on how best to encourage optimistic behavior at college, at the job and in children, Learned Optimism is both profound and practical—and valuable for every phase of life."Vaulted me out of my funk.. Giving many simple techniques, Dr.give-up" So, fellow moderate pessimists, move buy this publication..— These skills might help break up major depression, boost your immune system, better develop your potential, and make you happier.



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like how we can live happier I actually was introduced to Martin Seligman during a University course called "Positive Psychology". To those that are not really acquainted with the sub-field, positive psychology can be an offshoot of traditional psychology. Think positive and you can do anything! Learned Optimism sets out on a quest to improve a fundamental aspect of individual personality. While just about everyone has been asked the question, "May be the glass fifty percent empty or half full?", who knew a publication may help change your answer? The content is certainly grounded in research and its just a little dated (Published 1991) but there is also some content that's still relevant that I'd like to use for a university course. Absolutely not. I've read many pop psychology and personal help books, ranging from "The Power of Positive Thinking" to "How exactly to Win Close friends and Influence People", to "Believe and Grow Rich" (I'm still trying this one - no luck so far). When an event happens, it can be seen as neutral. The milk spilled; Great book Book was in the problem advertised. Everyone vulnerable to pessimism or unhappiness, every parent should browse this publication. Seligman explains that folks have various ways of explaining events. A few of these self-help books advocate an almost faith-based method of changing one's behavior. Simply will something, and if you desire it plenty of, you can manifest it! Allow your internal thoughts and desires to carve out your external world! It targets different aspects of psychology, like how we can live happier, healthier, more productive, and more fulfilled lives. I believe Zig Ziglar said that regardless of how positive somebody was, if they aren't a certified cardiovascular surgeon, he wouldn't trust them to give him open heart medical procedures! I agree, and I believe positive thinking without realism, prudence, and planning is pointless. In Discovered Optimism, this issue is addressed. Seligman points out that getting positive isn't something you turn on and continue 24/7. Whenever a bad factor happens, an optimistic person doesn't paint over it, declaring "It will be totally great, I'm happy!". The difference is an innate optimist would state that bad events are external and short-term. This distinction can be an incredible revelation, and most of us do this to an extent! When treated rudely, perhaps by a clerk, a pessimist might declare that "People are rude, this is the way items are.", and that the clerk "Was a jerk". They could be upset or offended, acquiring the clerk's activities as an strike toward them. An optimist, regarding to Seligman, THINKS differently. They might state "THIS (particular) Clerk can be acting rude." She or he "must have woken through to the wrong aspect of the bed. The main element take-method is: optimism can be a choice, a learnable skill and attitude. Placing a lot of thought in to the title, in this specific reserve, indicates that and even more went into the actual book. Info isn't applicable to day to day life and might actually prevent people from being honest with themselves and attaining their goals. It makes sense to me as a father of a teenage . In any event, just understand that while positive psychology can be a fresh field, I gained more out of this scientifically accredited book than I did so reading 5 self-help books.. :) In all seriousness, I think this book will probably change my life. Could only recommend for a person who is severely depressed. I've felt extremely stuck in a variety of aspects of my life for about five years right now, and I've attempted life coaching, counseling, reading other personal help books etc with little transformation. Having reoriented myself, I texted him back. I have trouble accomplishing work goals, and believe myself lazy. What's missing from abridged edition? What I'm viewing now is that these mental poison have consequences--they're causing an immobility, depression spiral. I really believe myself to end up being lazy, and I've a harder time working because of it. I think of myself as selfish, assume my close friends will end up being angry with me when I really do call them, therefore avoid making the phone calls. Maybe I'm not lazy, selfish, or depressed--I just have a system of mental poison that are making me feel disempowered and helpless. If you want to learn, you'll enjoy this 'how

to' book. I even experience a clenching in my chest each time I return to one of my negative beliefs. Nonetheless it does change how you feel about and deal with them. I'd been putting off returning a friend's text message because I thought he might become upset with me, but simply examining that belief made me recognize how knee-jerk and baseless it is. This publication is helping me realize that across all the spheres of my life I feel stuck in, I've created really unfavorable beliefs. It's one small stage but that felt VERY powerful. Several ideas were introduced however, not elaborated on. All we are is the set of assumptions we make about the globe, and I'm astonished at how little I've been examining my very own assumptions. We are so happy I bought this book. Take a look at the preview and see if it resonates with you; it did with me because it's so research-based, not airy or cheerful at all. Just useful and powerful. In the event that you struggle with any sort of depression or ineffectiveness, I would recommend you provide those first few pages a read. It certainly might give people a way to get better. You'll have to browse the book to find out... While many self help books make an effort to address the issue of positivity, they advocate blindly holding a good attitude. It was a full page turner because it was teaching & "This difference in explanatory style was the main element concept I took away from this book. Waste of time and narrator speaks as if he's intentionally trying to put you to rest. But even today, the first day I've consulted with this book, I've used a few of its strategy to challenge my harmful thinking, with excellent results. ?? ?? A Pioneer in the Positive Psychology Seligman was the pioneer in the Positive Psychology movement which was inspired by his observations while working on his analysis in Learned Helplessness. Is certainly that an overstatement? Test not available The audible version does not have any way to take the test that is an integral part of the book so don't buy it helps me mitigating my Pessimism Very useful book and it certainly helps me reducing my mental poison and prevent blaming others for my weaknesses. It generally does not change facts. It's a little early to say, but I have just started applying the idea framework this review suggests and I'm viewing positive change on the first day time. So if it's a choice, after that how do we change from becoming pessimistic to becoming optimistic? I frequently forget to call my loved ones, and believe myself selfish. I've read content about Seligman's work, and was excited to listen to this book.. I came across this book to be much too brief an launch of the concept of discovered optimism, and desire it were much longer. I already did experience compelled to reattribute a lot of my despair as pessimism, and if I do that you will see ways to positively switch every thought I have. I'll guess I'll track down a paperback copy, but it's irritating to get the book twice. End Major depression, help your kids and yourself I enjoyed this book. It makes perfect sense to me as a father of a teenage boy fighting depression. Very happy I purchased it and didn't just check it out from the library. I'm now able to recognize when my thoughts start to visit the pessimistic aspect. Apply the ideas and concepts within, and you may just surprise yourself! Unfortunately, it's only available as an audiobook in this abridged version. not 100% of the time, nonetheless it gave me desire to help my kids and my children. It's becoming obvious that my thinking is quite cyclically pessimistic; What they don't really tell you is the believed behind the title. I was scanning this book when a neuro-physicist walked up to me and began telling me what the colors meant for each word on the title. Clearly a lot of thought proceeded to go into the title and people ought to be made conscious. While events simply occur, one's interpretation can be positive or unfavorable. WE are the types who state that is a 'good' or 'bad' thing. A fascinating book. It could change your life and how you look at points. I marked it up a whole lot as I browse it. guiding me.



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