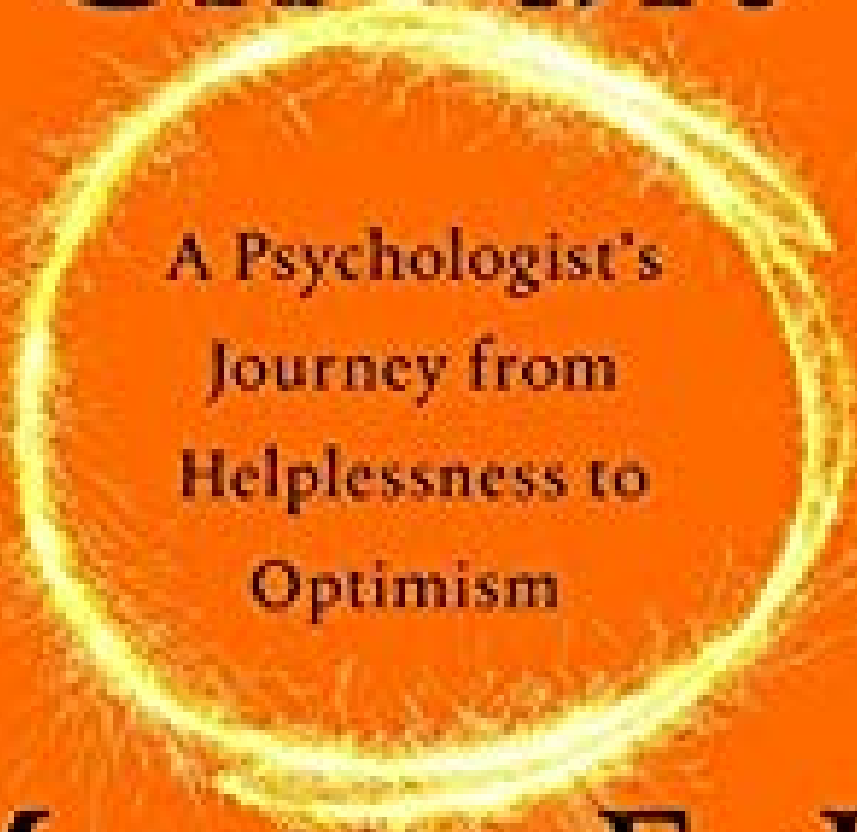


The Hope Circuit



A Psychologist's
Journey from
Helplessness to
Optimism

Martin E. P.
Seligman

NEW YORK TIMES BESTSELLING AUTHOR

Martin E. P. Seligman

The Hope Circuit: A Psychologist's Journey from Helplessness to Optimism



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You will leave from this reserve not only educated but deeply enriched. Today, thanks in huge part to Seligman's Positive Psychology movement, it is a lot more focused not really on what cripples existence, but on why is life value living--with profound consequences for our mental wellness. Seligman 1st encountered psychology in the 1960s, the field was devoted to eliminating misery: it had been the research of how past trauma creates present symptoms. P. When Martin E. In this smart and eloquent memoir, spanning probably the most transformative years in the history of contemporary psychology, Seligman recounts how he discovered to review optimism--including a life-changing conversation along with his five-year-old daughter. He tells the human being stories behind a few of his major findings, like CAVE, an analytical device that predicts election outcomes (with shocking accuracy) based on the language used in campaign speeches, the international spread of Positive Education, the release of the united states Army's huge resilience program, and the canonical research that birthed the theory of learned helplessness--which he right now reveals was incorrect. And he writes at duration for the first time about his own battles with unhappiness at a young age. In The Hope Circuit, Seligman makes a compelling and deeply personal case for the importance of virtues like hope, gratitude, and wisdom for our mental health. One of the most influential living psychologists looks at the annals of his existence and self-discipline, and paints a much brighter potential for everyone.



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They've almost become therefore engrained in me that I frequently forget where I first discovered the ideas. The first four books were tremendous. I loved them. They impacted my considering enormously. I found so many practical ways to effectively guideline my thoughts and feelings to improve performance in a wide variety of situations. A Remarkably Personal and Intimate Story of the Evolution of Psychology Since 2002 I've browse five of Martin Seligman's books: Authentic Pleasure, Flourish, Learned Optimism, EVERYTHING YOU Can Change, and What You Can't, and today The Hope Circuit. Nevertheless, The Hope Circuit is at a higher level. This is a tour de push. And one last coincidence that I believe is not a coincidence: a year or two ago I began a trainer training curriculum, MentorCoach LLC, which has quite strong connections to Marty since he and the training program's founder, Ben Dean, started a genuine Happiness program collectively. It shows how behaviorism gave way to the significance of cognition and cognitive therapy and the work of Tim Beck and evolved into Positive Psychology and eventually to the Hope Circuit over a period of 50 - 70 years.. I found it difficult to put down. Not merely did Seligman interact with many of the key mental people ever sold, he also made background himself with his work on learned helplessness and then learned optimism, and eventually with the advancement of Positive Psychology. However, there's one other unique aspect of this publication that I loved. An Incredible Life Tale And More. Congress had been ready to financially support. However, this is all of no use whatsoever to folks who are not so blessed. That is most definitely NOT a book on the theories of psychology. From the testimonials I thought it would be a good book, but I'm unable to look for the positive information I wanted. He doesn't sugarcoat some of his stories. He explains just how he saw issues unfold from his perspective. For instance, his story about how exactly the teachings of psychiatry had been greatly influenced by which ideas associates of the U.S. For example, he discusses his own intensity and impatience in his late 20s and early 30s and how it affected his associations with friends and family. This book is similar to the autobiography of an excellent athlete, except that is a story about a one who spent his life working to understand how your brain works. Seligman doesn't simply make such a claim and move on. I savored it and underlined almost every phrase on every page. In addition, it reminds me of The Hero's Journey that Joseph Campbell wrote about. Seligman spent decades searching for powerful insights through a wide range of obstacles and many moments of challenging the status quo, and then he brings what he discovered back to large masses of people to help them not only reduce struggling but to find methods to sustain optimism and joy within their lives. Marty Seligman opens up in very intimate methods about his personal existence. All this psychological history is described through personal stories about the interactions between Seligman and his mentors, peers, and students.. I pre-ordered this reserve and eagerly awaited its arrival - I've read Marty Seligman's additional books and followed his work for nearly 40 years - so of course, I wanted to learn the most recent. But, I acquired no idea that in its way, it could also be the greatest of his books. It really is an honest and down-to-earth tale of a man's lifestyle (up to now - because I am certain there's more to come) challenging struggles and every one of the joys that he experienced through the years. Initial of all way too many pages to read something that it's been stated before by the fantastic ones of philosophy and psychology. The book was especially meaningful for me because I first found Marty's work when i had remaining an abusive relationship and started asking myself "Why did I stay so long?" I found the idea of Learned Helplessness which showed me that it wasn't my fault but instead the circumstances that kept me trapped. I eventually became more powerful and as I read Marty's various other books could observe how I experienced also grown past helplessness into optimism, happiness , and flourishing as I became a nurse, a instructor and acquired my PhD at

57 which had been a lifelong objective. Dr. I now discover myself as a living example of Marty's work and really am grateful for what he provides put together so beautifully in this book. It clarifies in a tremendously personal way the advancement of psychology, and several mentions of psychiatry and philosophy as well and also astronomy with the tales about Carl Sagan, in the last 50-70 years. Seligman's Finest Book-- UP TO NOW A wonderful journey through the history of positive psychology, written by the only person who could truly undertake such a project. Excellent overview of the amazing career of Dr. Excellent overview of the amazing career of Dr. Eloquently written with wisdom and humility this is a moving, thought-provoking, and inspiring watch of the intellectual and personal advancement of a guy who has been creative, innovative, and pioneering over five decades. "The Wish Circuit" is an extraordinary memoir by a visionary ..e. "The Hope Circuit" is a remarkable memoir by way of a visionary scholar and thinker who offers profoundly influenced our understandings of human flourishing and the ingredients that make life worth living. Thank you, Dr. Seligman. Brilliant The reviews of Dr. Martin Seligman's newest reserve, The Hope Circuit, have mainly gotten it incorrect. They respect it a memoir and review it as such. I also noticed a lot of ME, ME, Me personally, ME the fantastic contacts he offers, and how bright he's. I got the book from the library yesterday, looked through the reserve last night, and you will be returning it today. This is a forward-looking function. Much larger than just a person's recollections of a existence well lived, it creates the compelling argument that the human race is hot-wired for wish. I can't imagine you not getting value out of reading this publication. He patiently explains in vocabulary laymen can understand (although he instructs the reader at some specialized junctures to re-browse preceding paragraphs to aid in comprehension) that human beings are powered by framing options about the future, not really haunted by memories or past events. Those that can successfully body the near future in positive and hopeful terms enjoy the greatest joy and outcomes in existence. While the writer mentioned this challenge, he never provided the response from the Dalai Lama or developed the author's thesis, apart from he thinks planning for the future is so important to happiness. Nothing new. Not only is it his tale, but also the story of Positive Psychology and it is filled with the important concepts and concepts he has taken to light during his life. Yes, on one level it is usually this is a memoir, one of a fascinating life lived amidst tectonic shifts in neuro-scientific psychology and psychiatry. Please, Seligman will need a bumper sticker that says " Say no to arrogance" He is selling a book title "never judge a book by its cover". Of zero practical use. I actually am happy for Mr. Seligman that he has had the opportunity to avoid pessimism when you are completely engaged in his function, having lots of colleagues and an effective career. I came across his story to be remarkably down to earth and relatable. It reads just like the memoir of a superstar, enthralled by his personal magnificence. As someone said, an excellent overview of the author's career I'm so happy I got this reserve from the library and didn't purchase it! I do not advocate buying it. It is a very actual and heartfelt tale of how tremendously essential principles of psychology emerged on the decades from true people working hard to uncover the underlying truths. The issues with memoirs are they're valedictory by definition. I browse Learned Optimism, that is written by the writer as well, therefore i understood what I was getting into, i.. an autobiography with some nuggets of useful info. Predicated on that I was going to start this book by the end and function my way backwards if it seemed useful. I began with the main point where the author was complicated the Dalai Lama in Sydney back 2009. "This is old wine in a new bottle" Seligman This is what is in this book. One of the best books I've read in ages Among the best books We've read in age groups, Martin Seligman's memoir, The Wish Circuit, is a heart-warming journey through the life and mind of 1 of today's leading scientists. You might think

concentrating on a future that one is less and less inclined to see is even more a denial of truth/midlife crisis. Plus the future is so uncertain. Dr. I highly recommend the book simply because an excellent read with an excellent story line in regards to a man that's real (I couldn't put it straight down), a way to obtain important information about Positive Psychology (the history and highlights), and a future of possibilities and hope. And I appeared back and noticed that what helped me get away the helplessness, was lying in bed during the night and reciting all the things I could prosper until I thought in myself and I believed there might be a means out. Seligman tells the story with characteristic clarity and straightforwardness. This book reminds me of Alexander Hamilton by Ron Chernow. The evolution of a modern genius An immensely insightful trip through the life and development of a brilliant teacher, article writer, psychologist, and innovator who has made enormous contributions to the world which will hopefully endure far in to the long term. Seligman. He goes on to say that the older he gets the even more he dreams of the future, which to me seems odd. Combining candid personal narrative, conversations with modern scientists, discussions of major analysis discoveries, and a eyesight of human virtues, strengths, and possibilities, the book not only documents one remarkable life, but offers insight, inspiration, and the light of better hope for humankind.



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