Learned Optimism How To Change Your Mind And Life Martin Ep Seligman

The Favored Daughter

Our species is misnamed. Though sapiens defines human beings as “wise” what humans do especially well is to prospect the future. We are homo prospectus. In this book, Martin E. P. Seligman, Peter Railton, Roy F. Baumeister, and Chandra Sripada argue it is anticipating and evaluating future possibilities for the guidance of thought and action that is the cornerstone of human success. Much of the history of psychology has been dominated by a framework in which people’s behavior is driven by past history (memory) and present circumstances (perception and motivation). Homo Prospectus reassesses this idea, pushing focus to the future front and center and opening discussion of a new field of Psychology and Neuroscience. The authors delve into four modes in which prospection operates: the implicit mind, deliberate thought, mind-wandering, and collective (social) imagination. They then explore prospection’s role in some of life’s most enduring questions: Why do people think about the future? Do we have free will? What is the nature of intuition, and how might it function in ethics? How does emotion function in human psychology? Is there a common causal process in different psychopathologies? Does our creativity change with age? In this remarkable convergence of research in philosophy, statistics, decision theory, psychology, and neuroscience, Homo Prospectus shows how human prospection fundamentally reshapes our understanding of key cognitive processes, thereby improving individual and social functioning. It aims to galvanize interest in this new science from psychologists in philosophy, neuroscience, and psychology, as well as an educated public curious about what makes humanity what it is.

The Hope Circuit

We complain about everything, often neither expecting nor getting meaningful resolutions. Wasting time and energy on unproductive complaints can take an emotional toll on our moods and well-being. Psychotherapist Guy Winch offers practical and psychologically grounded advice on how to determine what to complain about and how to convey our complaints in ways that encourage cooperation and remedies to our dissatisfaction. Whether we’re dealing with a rude store clerk, a bureaucrat, a coworker, a friend, or family member, complaining constructively can be empowering and can significantly strengthen our personal, familial, and work relationships.

The Righteous Mind

This book is the definitive text in the field of positive psychology, the scientific study of what makes people happy. The handbook’s international slate of renowned authors summarizes and synthesizes lifetimes of research, together illustrating what has worked for people across time and cultures. Now in paperback, this second edition provides both the current literature in the field and an outlook on its future.

The Mastery Quadrant

From one of the nation’s preeminent experts on women and emotion, a breakthrough new book about how to stop negative thinking and become more productive It’s no surprise that our fast-paced, over-analytical culture is pushing many people—especially women—to spend countless hours thinking about negative ideas, feelings, and experiences. Renowned psychologist Dr. Susan Nolen-Hoeksema calls this overthinking, and her groundbreaking research shows that an increasing number of women—more than half of those in her extensive study—are doing it too much and too often, hindering their ability to lead a satisfying life. Overthinking can be anything from fretting about the big questions such as “What am I doing with my life?” to losing sleep over a friend’s innocent comment. It is causing many women to end up sad, anxious, or seriously depressed, and Nolen-Hoeksema challenges the assumption-heralded by so many pop-psychology pundits of the last several decades—that constantly expressing pessimism is essential to lead a satisfying life. Instead, she argues that the key to a fulfilling life is to focus on what you can control.

The Squeaky Wheel

Do you wake up dreading the day? Do you feel discouraged with what you’ve accomplished in life? Do you want greater self-esteem, productivity, and joy in daily living? If so, you will benefit from this revolutionary way of brightening your moods without drugs or lengthy therapy. All you need is your own common sense and the easy-to-follow methods revealed in this book by one of the country’s foremost authorities on mood and personal relationship problems. In Ten Days to Self-esteem, Dr. David Burns presents innovative, clear, and compassionate methods that will help you identify the causes of your mood slumps and develop a more positive outlook on life. You will learn that You feel the way you think: Negative feelings like guilt, anger, and depression do not result from the bad things that happen to you, but from the way you think about these events. This simple but revolutionary idea can change your life! You can change the way you feel: You will discover why you get depressed and learn how to brighten your outlook when you’re in a slump. You can enjoy greater happiness, productivity, and intimacy—without drugs or lengthy therapy. Can a self-help book do all this? Studies show that two thirds of depressed readers of Dr. Burns’s classic bestseller, Feeling Good: The New Mood Therapy, experienced dramatic relief in just four weeks without psychotherapy or antidepressant medications. Three-year follow-up studies revealed that readers did not relapse but continued to enjoy their positive outlook. Ten Days to Self-esteem offers a powerful new tool that provides hope and healing in ten easy steps. The methods are based on...
Learned Helplessness

Max is used to being called Stupid. He is used to everyone being scared of him. On account of his size and looking like his dad, Kevin is used to being called Dwarf. On account of his size and being some cripple kid. But greatness comes in all sizes, and together Max and Kevin become Freak The Mighty and walk high above the world. An inspiring, heartbreaking, multi-award winning international bestseller.

The Art of Optimism

Winner of the British Psychological Society Book Award for Popular Psychology Psychologists have long been aware that most people tend to maintain an irrationally positive outlook on life. In fact, optimism may be crucial to our existence. Tali Sharot's original cognitive research demonstrates in surprising ways the biological basis for optimism. In this fascinating exploration, she takes an in-depth, clarifying look at how the brain generates hope and what happens when it fails; how the brains of optimists and pessimists differ; why we are terrible at predicting what will make us happy; how anticipation and dread affect us; and how our optimistic illusions affect our financial, professional, and emotional decisions. With its cutting-edge science and its wide-ranging and accessible narrative, The Optimism Bias provides us with startling new insight into how the workings of the brain create our hopes and dreams.

Find Your Why

From Pessimist to Optimist in 30 Days or Less How often do you think, “Today’s going to be a great day” or “I’m so lucky to be alive”? Would you like to think these things more often? What sets us apart from all other living creatures is the ability to think and use thought to form decisions, ideas, strategies, and actions. However, this same “power” can also work against us in the form of small thinking, negativity, depression, or distress. What we see is what we get. We how think is what determines our reality. Some of the Best Days of Your Life Haven’t Happened Yet Do you want to enjoy your life more? You have to learn a new way of thinking before you can master a new way of being. A negative mind will never give you a positive life. But how can you become more positive when you’ve been trapped in negative thinking for years, decades, or maybe even your whole life? How to Be Happy, No Matter What John Clark delves into the topic of happiness and positivity in his latest book, “The 30-Day Optimism Solution.” A self-described chronic pessimist, Clark embarks on a 30-day journey to turn his mindset around. Discover the ten second process that can instantly transform your thinking, setting the tone for the rest of the day (and, ultimately, your life). The greatest weapon against unhappiness is our ability to choose one thought over another. Learn how to choose these positive thoughts with: Two full pages of affirmations 7 ways to energize your life 10 ways to reduce stress A guide to creating your own gratitude list No matter how long you have traveled on the wrong road, you can always turn around. The 30-Day Optimism Solution is proof of that.”

The 30-Day Optimism Solution

Set in the Gulf Stream off the toast of Havana, Hemingway’s magnificent fable is the story of an old man, a young boy and a giant fish. In a perfectly crafted story, which won for Hemingway the Nobel Prize for Literature, is a unique and timeless vision of the beauty and grief of man’s challenge to the elements in which he lives.

Raising Happiness

From New York Times bestselling author and nationally syndicated talk radio host Dave Ramsey comes the secret to how he grew a multimillion dollar company from a card table in his living room. If you’re at all responsible for your company’s success, you can’t just be a hard-charging entrepreneur or a motivating, encouraging leader. You have to be both! Dave Ramsey, America’s trusted voice on money and business, reveals the keys that grew his company from a one-man show to a multimillion-dollar business—with no debt, low turnover, and a company culture that earns it the “Best Place to Work” award year after year. This book presents Dave’s playbook for creating work that matters; building an incredible group of passionate, empowered team members; and winning the race with steady momentum that will roll over any obstacle. Regardless of your business goals, you’ll discover that anyone can lead any venture to unbelievable growth and prosperity through Dave’s common sense, counterculture, EntreLeadership principles!

Authentic Happiness

Learned Optimism shows us how to stop automatically assuming guilt; how to get out of the habit of seeing the direst possible implications in every setback; how to be optimistic. With concrete examples Dr Seligman documents the effects of optimism on the quality of life, provides tests to determine the degree of our negative and positive orientation, and offers a program of specific exercises to help break the habit of pessimism and learn the habit of optimism for both ourselves and our children. Learn 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.

Risk Factors in Depression

Psychologists have long been aware that most people maintain an irrationally positive outlook on life—but why? Turns out, we might be hardwired that way. In this absorbing exploration, Tali Sharot—one of the most innovative neuroscientists at work today—demonstrates that optimism may be crucial to human existence. The Optimism Bias explores how the brain generates hope and what happens when it fails; how the brains of optimists and pessimists differ; why we are terrible at predicting what will make us happy; how emotions strengthen our ability to recollect; how anticipation and dread affect us; how our optimistic illusions affect our financial, professional, and emotional decisions; and more. Drawing on cutting-edge science, The Optimism Bias provides us with startling new insight into the workings of the brain and the major role that optimism plays in determining how we live our lives.
Beyond Beautiful

Start With Why has led millions of readers to rethink everything they do – in their personal lives, their careers and their organizations. Now Find Your Why picks up where Start With Why left off. It shows you how to apply Simon Sinek’s powerful insights so that you can find more inspiration at work – and in turn inspire those around you. I believe fulfillment is a right and not a privilege. We are all entitled to wake up in the morning inspired to go to work, feel safe when we’re there and return home fulfilled at the end of the day. Achieving that fulfillment starts with understanding exactly WHY we do what we do. As Start With Why has spread around the world, countless readers have asked me the same question: How can I apply Start With Why to my career, team, company or nonprofit? Along with two of my colleagues, Peter Docker and David Mead, I created this hands-on, step-by-step guide to help you find your WHY. With detailed exercises, illustrations, and action steps for every stage of the process, Find Your Why can help you address many important concerns, including: * What if my WHY sounds just like my competitor’s? * Can I have more than one WHY? * If my work doesn’t match my WHY, what should I do? * What if my team can’t agree on our WHY? Whether you’ve just started your first job, are leading a team, or are CEO of your own company, the exercises in this book will help guide you on a path to long-term success and fulfillment, for both you and your colleagues. Thank you for joining us as we work together to build a world in which more people start with WHY. Inspire on! – Simon

The Optimism Bias

Drawing on what hard science says about the factors that breed happiness in childhood and beyond, here are 10 simple principles for fostering the skills and habits that will set the stage for optimism, emotional health, and confidence for kids.

Homo Prospectus

Professor Richard Wiseman offers many quick and practical ways to improve your life gleaned from today's cutting edge-science, and in the process gives a psychologist’s myth-busting response to the self-help movement. Whether you're looking to be more decisive in your life, to find a new job, or simply to be happier, the chances are that this book has the answers you need. For years, the self-help industry has failed the public, often promoting exercises that destroy motivation, ruin relationships, increase anxiety and reduce creativity. Here, psychologist Richard Wiseman exposes these modern-day mind myths and presents a fresh approach to change that helps people achieve their aims and ambitions in minutes not months. From mood to memory, persuasion to procrastination, resilience to relationships, Wiseman outlines the research supporting this new science of rapid change and describes how these quirky techniques can be incorporated into everyday life.

Los Tiempos Dificiles No Perduran, Pero Las Personas Fuertes Si!

The ultimate guide to building confidence in your body, beauty, clothes and life in an era of toxic social media-driven beauty standards. “A self-confidence bible that every woman should read.”—Caroline Dooner, author of The F*ck It Diet Empowering, insightful, and psychology-driven, Beyond Beautiful is filled with proven, no-BS strategies for proactive self-care. This stylish and practical handbook takes a deep-dive into all of the factors that make it hard to feel good about yourself, and offers sage answers to tricky questions, like: • Why do I hate the way I look in pictures? • How can I stop feeling like a total slob compared to everyone on social media? • How exactly does this “self-love” thing work? • How do I find the confidence to use less make up, stop shaving, or wear what I want? • Is body positivity really the answer? Illustrated with full-color art, Beyond Beautiful is a much-needed breath of fresh air that will help you live your best life, know your worth, and stop wasting any more precious energy and mental space worrying about the way you look. Praise for Beyond Beautiful “This compact book delves into every aspect of the body-image problem and sets forth feasible ideas for accepting one’s physical appearance to enhance confidence and joy.”—Library Journal (starred review) “Rees’s emboldening message will surely help any reader struggling with self-confidence.”—Publishers Weekly

Learned Optimism

Over 21 million copies sold worldwide

The Resilience Factor

Explains the four pillars of well-being—meaning and purpose, positive emotions, relationships, and accomplishment—placing emphasis on meaning and purpose as the most important for achieving a life of fulfillment.

Flourish

Optimism is your secret weapon in business and in life. It is custom-designed specifically for you, and it is capable of bringing you everything you want. Optimism can overcome financial problems, physical disabilities, and personal challenges. In Jim Stovall’s latest book, The Art of Optimism, he uses stories, studies, and personal experience to illustrate how adopting an attitude of optimism can change your life. Read this book and learn: How to fuel optimism How to find opportunity through optimism How to overcome negative circumstances How to maintain optimism in business and in life How optimism is your most important asset And much more! “A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”—Winston Churchill

59 Seconds

Learned Optimism

A look at the role of resilience in promoting a happy and healthy life introduces seven proven techniques for developing the capacity for coping with the challenges and setbacks of life, from self-criticism and negative self-images to crises, anxiety, and grief. Reprint.
Explanatory Style

What makes some people so much better than others? Why are some people so much more efficient, and able to deliver better results, in less time and with lower effort? These people appear to have some form of (un)fair advantages, which allow them to sail through life while the rest of us struggle. What are these (un)fair advantages and why are they limited to such a small group of people? Are these (un)fair advantages the privilege of a special few, who have been born with natural talents, special gifts or in the right environment? Or are these (un)fair advantages the result of the right kind of effort, that can be developed by anyone willing to put in the work? Most importantly, can you develop these (un)fair advantages too? This book seeks to address these very questions, by examining how the very top performers (i.e. masters) across a wide range of disciplines went about developing their skills, and how this differs dramatically from how average people learn the same subject. The Mastery Quadrant helps explain the superior skill development framework—almost universally followed by the masters and ignored by the masses—that leads to substantially stronger learning foundations and helps explain the (un)fair advantages of masters. The framework defines 4 distinct quadrants, each of which are essential steps towards building expertise in virtually any skill. The Mastery Quadrant framework is nothing but a superior learning technique, developed by emulating the learning process followed by the masters. This framework is universally applicable and can help improve the efficiency at which you operate, for virtually any skill or level of expertise. The framework can help you become a better person, cook, parent, employee, entrepreneur, sportsmen or artist. By following the Mastery Quadrant framework, a little additional effort at the start will lead to a substantial difference in your longer-term efficiency, providing you with similar (un)fair advantages as the masters. Stop trying to compete in a fair competition, when you can compete in an (un)fair one instead! Just make sure that you are the one with the (un)fair advantages, instead of the other way around. Discover how by downloading your copy today!

Women Who Think Too Much

For a civilisation so fixated on achieving happiness, we seem remarkably incompetent at the task. Few of the many advantages of modern life seem capable of lifting our collective mood. We can't even agree on what ‘happiness’ means. Oliver Burkeman introduces us to an unusual collection of people who believe that there is an alternative, ‘negative path’ to happiness and success that involves embracing failure, pessimism, insecurity and uncertainty - the very things we spend our lives trying to avoid.

The Old Man and the Sea

When experience with uncontrollable events gives rise to the expectation that events in the future will also elude control, disruptions in motivation, emotion, and learning may ensue. Learned helplessness refers to the problems that arise in the wake of uncontrollability. First described in the 1960s among laboratory animals, learned helplessness has since been applied to a variety of human problems entailing inappropriate passivity and demoralization. While learned helplessness is best known as an explanation of depression, studies with both people and animals have mapped out the cognitive and biological aspects. The present volume, written by some of the most widely recognized leaders in the field, summarizes and integrates the theory, research, and application of learned helplessness. Each line of work is evaluated critically in terms of what is and is not known, and future directions are sketched. More generally, psychiatrists and psychologists in various specialties will be interested in the book's argument that a theory emphasizing personal control is of particular interest in the here and now, as individuality and control are such salient cultural topics.

Flourish

An expert on the psychology of decision making at Berkeley’s Haas School of Business helps readers calibrate their confidence, arguing that some confidence is good, but overconfidence can hinder growth. A surge of confidence can feel fantastic—offering a rush of energy, even a dazzling vision of the future. It can give us courage and bolster our determination when facing adversity. But if that self-assurance leads us to pursue impossible goals, it can waste time, money, and energy. Self-help books and motivational speakers tell us that the more confident we are, the better. But this way of thinking can lead to enormous trouble. Decades of research demonstrates that we often have an over-inflated sense of self and are rarely as good as we believe. Perfectly Confident is the first book to bring together the best psychological and economic studies to explain exactly what confidence is, when it can be helpful, and when it can be destructive in our lives. Confidence is an attitude that takes into account both personal feelings and the facts. Don Moore identifies the ways confidence behaves in real life and raises thought-provoking questions. How optimistic should you be about an uncertain future? What justifies your confidence in something amorphous and subjective like your attractiveness or sense of humor? Moore reminds us that the key to success is to avoid being both over- and under-confident. In this essential guide, he shows how to become perfectly confident—how to strive for and maintain the well-calibrated, adaptive confidence that can elevate all areas of our lives.

The Optimism Bias

Thoroughly revised and updated, the second edition of AppreciativeInquiry offers OD and HR professionals a user-friendly resource for discovering how they can tap into the power of the AppreciativeInquiry (AI) process. An innovative process, AI is an effective way to work with a company as an organic system whose success dependson a holistic approach to connect that organization's human, technical, and organizational functions. This new edition meets the challenge of making the AI process accessible and updates three key areas of the process: the theoretical basis, fundamental assumptions and beliefs, and the basic processes. It includes step-by-step guidelines on how to apply AI in a variety of organizational situations and shows how it can be used with a wide range of initiatives, such as coaching, leadership development, strategic planning, and teambuilding. “If there’s one book to read on AI, this is it. It provides thecontext and rationale for this paradigm changing approach to changeat any level of system. Buy it; read it, use it and enjoy achieving great results and renewed energy and enthusiasm.” —Barbara Smith, Director, Organizational Development, Landmark Learning, New York University, London Medical Center “Appreciative Inquiry brings the freedom and creativity of Altogether with the ‘nuts and bolts’ of how to actually do it all. It contains everything I would want to have as a fresh practitioner, from potential designs to sample questions and excellent CaseStories.” —David Shaked, founder and CEO, Almond Insight, United Kingdom "This book serves as a complete roadmap for those interested in the philosophy and practice of Appreciative Inquiry. The CaseStories encourage readers to find their own way on the journey by providing examples of successful interventions.” —Terry Egan, professor, Management Studies, Pepperdine University

Learned Optimism

Presents a groundbreaking investigation into the origins of morality at the core of religion and politics, offering scholarly insight into the motivations behind cultural clashes that are polarizing America.
Learned Optimism

Depression is one of the most common mental health disorders, affecting 14% of all people at some point in their lifetime. Women are twice as likely to become depressed as men, but beyond gender there are a variety of risk factors that influence the prevalence and likelihood of experiencing depression. Risk Factors in Depression consolidates research findings on risk factors into one source, for ease of reference for both researchers and clinicians in practice. The book divides risk factors into biological, cognitive, and social risk factors. This provides researchers with the opportunity to examine the interface among different theoretical perspectives and variables, and to look for the opportunity for more complex and explanatory models of depression. Allows reader to compare and contrast the relative states of development of different models and their databases Examines the predictive power of these models related to various phases of clinical depression, including onset, maintenance, and relapse. Provides an examination of the therapeutic implications of comprehensive and integrative models of depression

Ten Days to Self-Esteem

In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In Authentic Happiness, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity - into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. Authentic Happiness provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

Perfectly Confident

If you believe that dieting down to your “ideal” weight will prolong your life; that reliving childhood trauma can undo adult personality problems; that alcoholics have addictive personalities, or that psychoanalysis helps cure anxiety, then get ready for a shock. In the climate of self-improvement that has reigned for the last twenty years, misinformation about treatments for everything from alcohol abuse to sexual dysfunction has flourished. Those of us trying to change these conditions are often frustrated by failure, mixed success, or success followed by a relapse. But have you ever asked yourself: can my condition really be changed? And if so, am I going about it in the most effective way? Grounding his conclusions in the most recent and most authoritative scientific studies, Seligman pinpoints the techniques and therapies that work best for each condition, explains why they work, and discusses how you can use them to change your life. Inside, you’ll discover: the four natural healing factors for recovering from alcoholism; the vital difference between overeating and being overweight, and why dieters always gain back the pounds they "lost"; the four therapies that work for depression, and how you can “dispute” your way to optimistic thinking; the pros and cons of anger, and the steps to take to understand it and much more!

The Antidote

National Bestseller 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

What You Can Change and What You Can’t

Foundational principles partnered with 14 practical, hands-on activities to help children become optimistic thinkers and learners.

The Kite Runner

An authority on cognitive psychology and motivation documents the positive effects of optimism on the quality of life and provides a program of specific exercises designed to break the pessimism habit while developing an optimistic outlook. Reprint. 25,000 first printing.

Making Lemonade

Freak the Mighty

The nineteenth daughter of a local village leader in rural Afghanistan, Fawzia Koofi was left to die in the sun after birth by her mother. But she survived, and perseverance in the face of extreme hardship has defined her life ever since. Despite the abuse of
her family, the exploitative Russian and Taliban regimes, the murders of her father, brother, and husband, and numerous attempts on her life, she rose to become the first Afghani woman Parliament speaker. Here, she shares her amazing story, punctuated by a series of poignant letters she wrote to her two daughters before each political trip—letters describing the future and freedoms she dreamed of for them and for all the women of Afghanistan. Koofi’s New York Times bestseller, The Favored Daughter, movingly captures the political and cultural moment in Afghanistan, a country caught between the hope of progress and the bitter truth of history.

**Appreciative Inquiry**

One of the most influential living psychologists looks at the history of his life and discipline, and paints a much brighter future for everyone. When Martin E. P. Seligman first encountered psychology in the 1960s, the field was devoted to eliminating misery: it was the science of how past trauma creates present symptoms. Today, thanks in large part to Seligman’s Positive Psychology movement, it is ever more focused not on what cripples life, but on what makes life worth living—with profound consequences for our mental health. In this wise and eloquent memoir, spanning the most transformative years in the history of modern psychology, Seligman recounts how he learned to study optimism—including a life-changing conversation with his five-year-old daughter. He tells the human stories behind some of his major findings, like CAVE, an analytical tool that predicts election outcomes (with shocking accuracy) based on the language used in campaign speeches, the international spread of Positive Education, the launch of the US Army’s huge resilience program, and the canonical studies that birthed the theory of learned helplessness—which he now reveals was incorrect. And he writes at length for the first time about his own battles with depression 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. You will walk away from this book not just educated but deeply enriched.

**EntreLeadership**

From the bestselling author of Authentic Happiness Known as the father of the science of positive psychology, Martin E.P. Seligman 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 behaviour, 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 behaviour at school, at work and in children, Learned Optimism is both profound and practical, making it highly valuable for every phase of life.

**Motivating Humans**

This is the first work to condense the large literature on explanatory style -- one's tendency to offer similar sorts of explanations for different events. This cognitive variable has been related to psychopathology, physical health, achievement and success. Compiled by experts in the fields of depression, anxiety, psychoneuroimmunology and motivation, this volume details our current level of understanding, outlines gaps in our knowledge, and discusses the future directions of the field. Data from a vast number of studies are presented, including results from studies not previously reported. Coverage includes sections on cross-cultural comparisons, life-span and development issues, and gender differences; and an extensive description of the measurement of explanatory style offering questionnaire and content-analysis methods for children, college populations and adults. This work is thus a valuable tool for anyone involved in research on the etiology and treatment of depression, cognitive therapy, motivation and emotion, and the link between physical and psychological well-being.

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