

The Optimistic Child A Proven Program To Safeguard Children Against Depression And Build Lifelong Resilience

The Optimistic Child The Optimistic Child Learned Optimism The Resilience Factor Optimistic Parenting The Hope Circuit What You Can Change... and What You Can't Authentic Happiness Raising Happiness Flourish Learned Optimism Freeing Your Child from Negative Thinking Parents Who Lead The Thriving Child The Five Commitments of Optimistic Leaders for Children The Optimism Bias Forever Optimistic A Little SPOT of Optimism Contagious Optimism Optimists Always Win! Peaceful Parent, Happy Siblings The Importance of Being Little Homo Prospectus The Self-driven Child The Optimistic Seed Motivating Humans Chasing the Bright Side The Little Engine That Could Granny's Guitar Thrivers Raising an Optimistic Child The Child Whisperer Learned Optimism In Fact Always Looking Up Risk Factors in Depression No Time Like the Future Optimists Die First The Optimist's Guide to Letting Go The Explosive Child

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*Chasing the Bright Side Aug 05 2020 One flicker of hope. That's all it takes to catapult yourself into the life you've always imagined. Success is not born out of skill, school, where we're from, who we know, or what we scored on the SAT. None of us were born ready. None of us started life knowing how to fly a plane or launch a company or knit a sweater for our dog. But we are born with something more important than skills. We're born with optimism—the initial seed for success. Optimism fuels the belief that you can be the one to create the good the world needs. But you've got to hone it. And practice it. And determine to live from it. In *Chasing the Bright Side*, Jess Ekstrom shares her own inspirational story of how optimism helped her overcome multiple challenges, and the dynamic ways her mind-set propelled her as a young entrepreneur, international speaker, and philanthropist. Do you have dreams for yourself and the world that are tucked away in your box of someday? What would happen if today was the day you opened the box? And what if that box was the key to a better tomorrow? Jess's journey will inspire you embrace the power of optimism in your own life, and help you reimagine your purpose so you create good in the world while fulfilling your own dreams—right where you are.*

The Five Commitments of Optimistic Leaders for Children Aug 17 2021 For adults in early learning who want to strengthen their leadership, build trusting relationships with each other, and enrich children's lives.

Motivating Humans Sep 05 2020 This volume provides a precise and comprehensive description of human motivation. Drawing on psychology, education and management, Ford integrates classic and contemporary motivation theory into a unified framework - Motivational Systems Theory - from which he derives 17 principles for motivating people. The book provides concrete examples throughout and includes a chapter on practical applications such as: promoting social responsibility in young people;

increasing motivation for learning and school achievement; increasing work productivity and job satisfaction; and helping people lead emotionally healthy lives.

Learned Optimism Jan 28 2020 NATIONAL BESTSELLER • The father of positive psychology draws on more than twenty years of clinical research to show you how to overcome depression, boost your immune system, and make yourself happier. "Vaulted me out of my funk.... So, fellow moderate pessimists, go buy this book." —The New York Times Book Review Offering many simple techniques anyone can practice, 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. 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.

The Optimistic Child Sep 29 2022 A proven program to safeguard children against depression and build lifelong resilience. In *The Optimistic Child*, Dr. Martin Seligman offers parents, teachers, and coaches a well-validated program to prevent depression in children. In a thirty-year study, Seligman and his colleagues discovered the link between pessimism -- dwelling on the most catastrophic cause of any setback -- and depression. Seligman shows adults how to teach children the skills of optimism that can help them combat depression, achieve more on the playing field and at school, and improve their physical health. As Seligman states, 'Teaching children optimism is more, I realized, than just correcting pessimism . . . It is the creation of a positive strength, a sunny but solid future-mindedness that can be deployed throughout life -- not only to fight depression and to come back from failure, but also to be the foundation of success and vitality.' *The Optimistic Child* offers parents and teachers the tools developed by the author to teach children of all ages, life skills that transform helplessness into mastery and bolster self-esteem. Learning the skills of optimism not only reduces the risk of depression but boosts school performance, improves physical health, and provides children with the self-reliance they need as they approach the teenage years and beyond. 'A world of optimists is a bigger world, a world of more possibilities', says Seligman. Filled with practical advice and written in clear, helpful language, this book is an invaluable resource for caregivers who want to open up this world for their children.

Learned Optimism Aug 29 2022 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*

The Optimistic Child Oct 31 2022 New York Times bestselling author Martin E. P. Seligman's *The Optimistic Child* is "the first major work to provide an effective program for preventing depression in childhood — and probably later in life" (Aaron T. Beck, author of *Love is Never Enough*). The epidemic of depression in America strikes 30% of all children. Now Martin E. P. Seligman, the bestselling author of *Learned Optimism*, and his colleagues offer parents and educators a program clinically proven to cut that risk in half. With this startling research, parents can teach children to apply optimism skills that can curb depression, boost school performance, and improve physical health. These skills provide children with the resilience they need to approach the teenage years and adulthood with confidence. For more than thirty years the self-esteem movement has infiltrated American homes and classrooms with the credo that supplying positive feedback, regardless of the quality of performance, will make children feel better about themselves. But in this era of raising our children to feel good, the hard truth is that they have never been more depressed. As Dr. Seligman writes in this provocative new book, "Teaching

optimism is more than, I realized, than just correcting pessimism...It is the creation of a positive strength, a sunny but solid future-mindedness that can be deployed throughout life — not only to fight depression and come back from failure, but also to be the foundation of success and vitality."

Thrivers May 02 2020 The bestselling author of UnSelfie offers 7 teachable traits that will safeguard our kids for the future. We think we have to push our kids to do more, achieve more, BE more. But we're modeling the wrong traits—like rule-following and caution—and research shows it's NOT working. This kind of "Striver" mindset isn't just making kids unhappier, says Dr. Michele Borba...it's actually the opposite of what it takes to thrive in the uncertain world ahead. Thrivers are different: they flourish in our fast-paced, digital-driven, often uncertain world. Why? Through her in-depth research, Dr. Borba discovered that the difference comes down not to grades or test scores, but to seven character traits that set Thrivers apart—confidence, empathy, self-control, integrity, curiosity, perseverance, and optimism. The even better news: these traits can be taught to children at any age...in fact, parents and educators must do so. In Thrivers, Dr. Borba offers practical, actionable ways to develop these traits in children from preschool through high school, showing how to teach kids how to cope today so they can thrive tomorrow.

The Self-driven Child Nov 07 2020 A clinical neuropsychologist and test-prep guru combine cutting-edge brain science with insights from their work with families to make a radical case for giving kids more freedom to unleash their full potential.

Flourish Jan 22 2022 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.

A Little SPOT of Optimism May 14 2021

The Thriving Child Sep 17 2021 As parents we all want the best for our children, but so often over-manage every aspect of their lives, leaving them overwhelmed, lacking motivation, and at risk of mental health problems as adults. So how can we prevent this from happening? Over their combined sixty years of practice, William Stixrud, a clinical neuropsychologist, and Ned Johnson, the founder of an elite tutoring agency, have worked with thousands of children all facing this problem. Together they discovered that the best antidote to stress is to give kids more of a sense of control over their lives. In this ground-breaking book they will teach you how to set your child on the real road to success and share their trusted techniques to help your child to reduce their stress and anxiety, foster independent thinking, and achieve their full potential. The Thriving Child is essential reading for every parent to help their child sculpt a resilient, stress-proof brain that is ready to take on new challenges.

Raising Happiness Feb 20 2022 What do we wish most for our children? Next to being healthy, we want them to be happy, of course! Fortunately, a wide array of scientific studies show that happiness is a learned behavior, a muscle we can help our children build and maintain. Drawing on what psychology, sociology, and neuroscience have proven about confidence, gratefulness, and optimism, and using her own chaotic and often hilarious real-world adventures as a mom to demonstrate do's and don'ts in action, Christine Carter, Ph.D, executive director of UC Berkeley's Greater Good Science Center, boils the process down to 10 simple happiness-inducing steps. With great wit, wisdom, and compassion, Carter covers the day-to-day pressure points of parenting—how best to discipline, get kids to school and activities on time, and get dinner on the table—as well as the more elusive issues of helping children build healthy friendships and develop emotional intelligence. In these 10 key steps, she helps you interact confidently and consistently with your kids to foster the skills, habits, and mindsets that will set the stage for positive emotions now and into their adolescence and beyond. Inside you will discover • the best way avoid raising a brat—changing bad habits into good ones • tips on how to change your kids' attitude into gratitude • the trap of trying to be perfect—and how to stay clear of its pitfalls • the right way to praise kids—and why too much of the wrong kind can be just as bad as not enough • the spirit of kindness—how to raise kind, compassionate, and loving children • strategies for inspiring kids to do boring (but necessary) tasks—and become more self-motivated in the process Complete with a series of "try this" tips, secrets, and strategies, Raising Happiness is a one-of-a-kind

resource that will help you instill joy in your kids—and, in the process, become more joyful yourself. *The Optimism Bias* Jul 16 2021 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.

Forever Optimistic Jun 14 2021 Join a high-powered lawyer on his fight for life against brain cancer and his continuing efforts to remain Forever Optimistic. At age fifty-five, Robert S. Brams, a former college athlete, was in perfect health. Bob was blessed with a beautiful family, including his wife and two children. He had a circle of close friends and a hard-driving international law practice as partner at one of the most prestigious firms in Washington, DC. But after a fateful car accident, an MRI scan revealed a shadow on his brain that suddenly shattered his carefully constructed life. Brams was diagnosed with brain cancer—one of the most overwhelming challenges a person can face. What would the future hold for Brams and his family? Brams has been through six extraordinary years—four hospitals, two brain surgeries, a seizure, a stroke, a coma, life support, ICUs, radiation, chemotherapy, various rehab regimens, a hemophilia diagnosis, and countless MRIs. With all this, Brams's insurers categorized him as a "Catastrophic Loss." Despite all that's happened, Brams is still in the fight, and he is determined to achieve an important purpose—to help beat brain cancer. While his legal career has ended, his continuing struggles have caused him to reprioritize his values and change his perspective on what really matters in life. Having stood at death's door and now confronted with an uncertain prognosis, Brams's insights on life, love, family, education, business, and finding your passion take on a distinctive power and clarity. Readers from every walk of life looking for inspiration and motivation will find it in Brams's remarkable story. Struggles, setbacks, and failures in his youth were "no fun," but with optimism and determination, Brams found his best path and ultimately succeeded. He reminds us that it's not where you start, but rather where you finish. Inspiring, powerful, and eminently readable, *Forever Optimistic: Fighting Brain Cancer, Finding Your Best Path, and Leading a Life With Purpose* is by turns moving, humorous, and brimming with hard-won wisdom. Brams's story is one of remarkable courage in the face of tragedy. Please support the brain cancer fight at www.1MBBC.com.

Peaceful Parent, Happy Siblings Feb 08 2021 Popular parenting expert Dr. Laura Markham, author of *PEACEFUL PARENTS, HAPPY SIBLINGS*, has garnered a large and loyal readership around the world, thanks to her simple, insightful approach that values the emotional bond between parent and child. As any parent of more than one child knows, though, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In this highly anticipated guide, Dr. Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs. *PEACEFUL PARENT, HAPPY SIBLINGS* includes hands-on, research-based advice on: • Creating deep connections with each one of your children, so that each truly believes that you couldn't possibly love anyone else more. • Fostering a loving family culture that encourages laughter and minimizes fighting • Teaching your children healthy emotional self-management and conflict resolution skills—so that they can work things out with each other, get their own needs met and respect the needs of others • Helping your kids forge a close lifelong sibling bond—as well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

The Importance of Being Little Jan 10 2021 "Christakis . . . expertly weaves academic research, personal experience and anecdotal evidence into her book . . . a bracing and convincing case that early

education has reached a point of crisis . . . her book is a rare thing: a serious work of research that also happens to be well-written and personal . . . engaging and important." --Washington Post "What kids need from grown-ups (but aren't getting)...an impassioned plea for educators and parents to put down the worksheets and flash cards, ditch the tired craft projects (yes, you, Thanksgiving Handprint Turkey) and exotic vocabulary lessons, and double-down on one, simple word: play." --NPR The New York Times bestseller that provides a bold challenge to the conventional wisdom about early childhood, with a pragmatic program to encourage parents and teachers to rethink how and where young children learn best by taking the child's eye view of the learning environment To a four-year-old watching bulldozers at a construction site or chasing butterflies in flight, the world is awash with promise. Little children come into the world hardwired to learn in virtually any setting and about any matter. Yet in today's preschool and kindergarten classrooms, learning has been reduced to scripted lessons and suspect metrics that too often undervalue a child's intelligence while overtaxing the child's growing brain. These mismatched expectations wreak havoc on the family: parents fear that if they choose the "wrong" program, their child won't get into the "right" college. But Yale early childhood expert Erika Christakis says our fears are wildly misplaced. Our anxiety about preparing and safeguarding our children's future seems to have reached a fever pitch at a time when, ironically, science gives us more certainty than ever before that young children are exceptionally strong thinkers. In her pathbreaking book, Christakis explains what it's like to be a young child in America today, in a world designed by and for adults, where we have confused schooling with learning. She offers real-life solutions to real-life issues, with nuance and direction that takes us far beyond the usual prescriptions for fewer tests, more play. She looks at children's use of language, their artistic expressions, the way their imaginations grow, and how they build deep emotional bonds to stretch the boundaries of their small worlds. Rather than clutter their worlds with more and more stuff, sometimes the wisest course for us is to learn how to get out of their way. Christakis's message is energizing and reassuring: young children are inherently powerful, and they (and their parents) will flourish when we learn new ways of restoring the vital early learning environment to one that is best suited to the littlest learners. This bold and pragmatic challenge to the conventional wisdom peels back the mystery of childhood, revealing a place that's rich with possibility.

Always Looking Up Nov 27 2019 There are many words to describe Michael J. Fox: Actor. Husband. Father. Activist. But readers of *Always Looking Up* will soon add another to the list: Optimist. Michael writes about the hard-won perspective that helped him see challenges as opportunities. Instead of building walls around himself, he developed a personal policy of engagement and discovery: an emotional, psychological, intellectual, and spiritual outlook that has served him throughout his struggle with Parkinson's disease. Michael's exit from a very demanding, very public arena offered him the time-and the inspiration-to open up new doors leading to unexpected places. One door even led him to the center of his own family, the greatest destination of all. The last ten years, which is really the stuff of this book, began with such a loss: my retirement from Spin City. I found myself struggling with a strange new dynamic: the shifting of public and private personas. I had been Mike the actor, then Mike the actor with PD. Now was I just Mike with PD Parkinson's had consumed my career and, in a sense, had become my career. But where did all of this leave Me? I had to build a new life when I was already pretty happy with the old one... *Always Looking Up* is a memoir of this last decade, told through the critical themes of Michael's life: work, politics, faith, and family. The book is a journey of self-discovery and reinvention, and a testament to the consolations that protect him from the ravages of Parkinson's. With the humor and wit that captivated fans of his first book, *Lucky Man*, Michael describes how he became a happier, more satisfied person by recognizing the gifts of everyday life.

The Optimist's Guide to Letting Go Jul 24 2019 Three generations. Seven days. One big secret. The author of *The Coincidence of Coconut Cake* unfolds a mother-daughter story told by three women whose time to reckon with a life-altering secret is running out. Gina Zoberski wants to make it through one day without her fastidious mother, Lorraine, cataloguing all her faults, and her sullen teenage daughter, May, snubbing her. Too bad there's no chance of that. Her relentlessly sunny disposition

annoys them both, no matter how hard she tries. Instead, Gina finds order and comfort in obsessive list-making and her work at Grilled G's, the gourmet grilled cheese food truck built by her late husband. But when Lorraine suffers a sudden stroke, Gina stumbles upon a family secret Lorraine's kept hidden for forty years. In the face of her mother's failing health and her daughter's rebellion, this optimist might find that piecing together the truth is the push she needs to let go...

The Explosive Child Jun 22 2019 Offers techniques for helping chronically inflexible children, shows how brain-based deficits contribute to these problems, and suggests ways to calm things down.

Optimistic Parenting Jun 26 2022 Unlock the secrets to confident, skillful, and positive parenting with this strategy-filled guide from a top behavior expert. Parents of children with a range of challenging behaviors and special needs

In Fact Dec 29 2019 This optimistic guide to Ireland at 100 tells our national story through facts and stats, placing Ireland under the microscope to chart 100 achievements of the past 100 years. Ireland remained one of the most poverty-stricken nations in Europe for decades after the State was formed. Yet now, it has the second-highest standard of living in the world. Author Mark Henry has gathered the data to tell an under-told story of our national progress across every aspect of Irish life. He identifies the factors that account for Ireland's extraordinary success, as well as the five most prominent psychological biases that prevent us from recognising how far we have come. He also highlights the greatest challenges that we must now address if we are to continue to progress in the century ahead. While there is still more to be done, *In Fact* illustrates that Ireland, for all its imperfections, is in a much better state than you might think.

No Time Like the Future Sep 25 2019 INSTANT NEW YORK TIMES BESTSELLER A moving account of resilience, hope, fear and mortality, and how these things resonate in our lives, by actor and advocate Michael J. Fox. The entire world knows Michael J. Fox as Marty McFly, the teenage sidekick of Doc Brown in *Back to the Future*; as Alex P. Keaton in *Family Ties*; as Mike Flaherty in *Spin City*; and through numerous other movie roles and guest appearances on shows such as *The Good Wife* and *Curb Your Enthusiasm*. Diagnosed at age 29, Michael is equally engaged in Parkinson's advocacy work, raising global awareness of the disease and helping find a cure through The Michael J. Fox Foundation for Parkinson's Research, the world's leading non-profit funder of PD science. His two previous bestselling memoirs, *Lucky Man* and *Always Looking Up*, dealt with how he came to terms with the illness, all the while exhibiting his iconic optimism. His new memoir reassesses this outlook, as events in the past decade presented additional challenges. In *No Time Like the Future: An Optimist Considers Mortality*, Michael shares personal stories and observations about illness and health, aging, the strength of family and friends, and how our perceptions about time affect the way we approach mortality. Thoughtful and moving, but with Fox's trademark sense of humor, his book provides a vehicle for reflection about our lives, our loves, and our losses. Running through the narrative is the drama of the medical madness Fox recently experienced, that included his daily negotiations with the Parkinson's disease he's had since 1991, and a spinal cord issue that necessitated immediate surgery. His challenge to learn how to walk again, only to suffer a devastating fall, nearly caused him to ditch his trademark optimism and "get out of the lemonade business altogether." Does he make it all of the way back? Read the book.

The Little Engine That Could Jul 04 2020 The special anniversary edition of *The Little Engine That Could™* contains the entire text and original artwork. Young readers, as well as parents and grandparents, will treasure the story of the blue locomotive who exemplifies the power of positive thinking.

Optimists Always Win! Mar 12 2021 Difficulties and struggles are unavoidable in life, but a person has complete control over one's personal response to the situation. This book offers readers a plan for responding with optimism for both the challenges and blessings that come their way. Our brain's default setting is negativity. Ask anyone who has ever tried to lose weight, achieve a new skill, or incorporate a new habit and they can tell you that our natural tendency is to levitate toward mediocrity. However, optimism overpowers that negativity or tendency to be mediocre. International speaker and

diversity/inclusion strategist Kimberly Reed's book *Optimists Always Win!: Unlocking the Power to Reach Life's C-Suite* isn't merely motivational mumbo jumbo. It is designed to help readers develop a process to stay optimistic all the time. Reaching life's C-Suite means obtaining a level of happiness, peace, wisdom and growth in all areas of our lives. It's choosing optimism instead of anger, bitterness, or revenge. The life events that unfold for Reed in *Optimists Always Win!* will do just that—challenge anyone facing what seems to be an impossible situation and show that victory is absolutely possible. Her heroic battle with her mother's terminal illness and sudden loss as well as her subsequent battle with cancer will encourage others that one doesn't have to face adversity with pessimism or hopelessness. Relying heavily on her faith in God and the optimism that she learned to cultivate, Kimberly Reed teaches her readers the ten discouragement eliminators she used, which helped her succeed not just in her fight against cancer but as she lives each day as her best self. The message of this book is simple: difficulties and struggles are unavoidable in life, but a person has complete control over one's personal response to the situation. Readers of this book will discover the following ten tools to eliminate discouragement, grow their faith, and engage an optimistic attitude for their own battles with the wisdom Kimberly was taught and subsequently put into practice during her own diagnosis and ultimate victory. They include: · Discouragement Eliminator #1: Staying Away from Kryptonite · Discouragement Eliminator #2: Defining Your Life's C-Suite · Discouragement Eliminator #3: Quieting the Soul · Discouragement Eliminator #4: Gratitude · Discouragement Eliminator #5: Faith at the Speed of Light · Discouragement Eliminator #6: Unlocking Your Y.E.S. (You Empower Self) Factor. · Discouragement Eliminator #7: Be Willing to Give What You Require · Discouragement Eliminator #8: The Art of Becoming a Chameleon · Discouragement Eliminator #9: The Power of Your Rearview Mirror · Discouragement Eliminator #10: Taking the Elevator to Life's C-Suite These tools will help develop the fortitude to face every area of life with faith and optimism. All Book Royalties Are Being Donated to a Premier Academic Research Institution for Integrated Breast Cancer Fund and Patient Care, and American Cancer Society AstraZeneca Hope Lodge in Philadelphia, Pennsylvania

Raising an Optimistic Child Mar 31 2020 A program for fostering positive relationship-building habits in children to help alleviate and even prevent childhood depression *Raising an Optimistic Child* offers you tools for creating a positive, supportive family atmosphere that helps children who are already depressed and can even prevent this crippling disorder. Steps and additional techniques will help you combat your own depression, tackle parental issues, and enhance learning and coping skills. It also alerts you to circumstances that put a child at risk for depression and suggests ways to ward it off.

The Resilience Factor Jul 28 2022 Resilience is a crucial ingredient—perhaps the crucial ingredient—to a happy, healthy life. More than anything else, it's what determines how high we rise above what threatens to wear us down, from battling an illness, to bolstering a marriage, to carrying on after a national crisis. Everyone needs resilience, and now two expert psychologists share seven proven techniques for enhancing our capacity to weather even the cruelest setbacks. The science in *The Resilience Factor* takes an extraordinary leap from the research introduced in the bestselling *Learned Optimism* a decade ago. Just as hundreds of thousands of people were transformed by "flexible optimism," readers of this book will flourish, thanks to their enhanced ability to overcome obstacles of any kind. Karen Reivich and Andrew Shatté are seasoned resilience coaches and, through practical methods and vivid anecdotes, they prove that resilience is not just an ability that we're born with and need to survive, but a skill that anyone can learn and improve in order to thrive. Readers will first complete the Resilience Questionnaire to determine their own innate levels of resilience. Then, the system at the heart of *The Resilience Factor* will teach them to: • Cast off harsh self-criticisms and negative self-images • Navigate through the fallout of any kind of crisis • Cope with grief and anxiety • Overcome obstacles in relationships, parenting, or on the job • Achieve greater physical health • Bolster optimism, take chances, and embrace life In light of the unprecedented challenges we've recently faced, there's never been a greater need to boost our resilience. Without resorting to feel-good pap or quick-fix clichés, *The Resilience Factor* is self-help at its best, destined to become a classic in the genre.

Risk Factors in Depression Oct 26 2019 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

The Optimistic Seed Oct 07 2020 Inspired by the flight of the majestic black raven, Acorn has big dreams of touching the sky, grasping at the moon, and towering as a guardian of the forest. His epic journey teaches the young and the young-at-heart, a universal lesson about uncertainty, self-discovery, resilience, and becoming. Based on the life story of author, Master Life Coach, social justice activist, and minister, Kevin Kitrell Ross (affectionately known as "Rev. Kev"), *The Optimistic Seed* is a timely metaphor for dreamers seeking inspiration and guidance on designing and living lives of purpose, passion, peace, and prosperity and for being a force for good in the world.

Contagious Optimism Apr 12 2021 David Mezzapelle was inspired to write this uplifting book based on his life's experiences and his own contagious optimism. He has influenced many people with his outlook and this book offers optimism to others around the globe. *Contagious Optimism* includes stories and parables of amazing life turnarounds from real people world-wide. A compendium of encouragement, *Contagious Optimism* also includes advice and guidance from business leaders, visionaries and professionals. Nowadays, many people have lost confidence in themselves and the world around them due to personal hardship along with economic and political uncertainty worldwide. *Contagious Optimism* shows readers that it's possible to FIND the silver lining in every cloud. Developed by the team that brought you *Random Acts of Kindness*, this book is like *Chicken Soup for the Soul* meets *Pay It Forward*, on steroids! *Contagious Optimism* is pure inspiration that will lift hearts, open minds, and create a movement of pass-it-on hope and happiness. Featured stories and endorsements from "contagious optimists" such as: Michael Beckwith - Founder of the single largest interfaith church in America: LA's Agape. Nancy Ferrari - The "Oprah of AM Radio" Daniel Tully - Chairman Emeritus of Merrill Lynch and one of the top executives to ever grace Wall Street.

Homo Prospectus Dec 09 2020 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 scholars in psychology, neuroscience, and philosophy, as well as an educated

public curious about what makes humanity what it is.

Learned Optimism Dec 21 2021 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.

Optimists Die First Aug 24 2019 Award-winning author Susin Nielsen has written a laugh-out-loud and heartrending novel for fans of Robyn Schneider's *Extraordinary Means* and Cammie McGovern's *Say What You Will*. Beware: Life ahead. Sixteen-year-old Petula de Wilde is anything but wild. A former crafting fiend with a happy life, Petula shut herself off from the world after a family tragedy. She sees danger in all the ordinary things, like crossing the street, a bug bite, or a germy handshake. She knows: life is out to get you. The worst part of her week is her comically lame mandatory art therapy class with a small group of fellow misfits. Then a new boy, Jacob, appears at school and in her therapy group. He seems so normal and confident, though he has a prosthetic arm; and soon he teams up with Petula on a hilarious project, gradually inspiring her to let go of some of her fears. But as the two grow closer, a hidden truth behind why he's in the group threatens to derail them, unless Petula takes a huge risk. . . Praise: Bank Street Best Children's Books of the Year "Nielsen writes with sensitivity, empathy, and humor." —Kirkus Reviews, Starred "Nielsen excels at depicting troubled, clever teenagers in familiar environments." —School Library Journal, Starred "[An] empathic and deeply moving story, balanced by sharply funny narration and dialogue." —Publishers Weekly, Starred "A poignant exploration into the nuances of healing." —Quill and Quire, Starred

Parents Who Lead Oct 19 2021 How working parents can lead more purposeful lives, characterized by harmony, connection, and impact. Parents in today's fast-paced, disorienting world can easily lose track of who they are and what really matters most. But it doesn't have to be this way. As a parent, you can harness the powerful science of leadership in order to thrive in all aspects of your life. Drawing on the principles of his book *Total Leadership*--a bestseller and popular leadership development program used in organizations worldwide--and on their experience as researchers, educators, consultants, coaches, and parents, Stew Friedman and coauthor Alyssa Westring offer a robust, proven method that will help you gain a greater sense of purpose and control. It includes tools illustrated with compelling examples from the lives of real working parents that show you how to: Design a future based on your core values Engage with your children in fresh, meaningful ways Cultivate a community of caregiving and support, in all parts of your life Experiment to discover better ways to live and work Powerful, practical, and indispensable, *Parents Who Lead* is the guide you need to forge a better future, foster meaningful and mutually rewarding relationships, and design sustainable solutions for creating a richer life for yourself, your children, and your world. For more information, visit ParentsWhoLead.net.

The Child Whisperer Feb 29 2020 Carol Tuttle has worked in the field of self-help and personal development for over 20 years. Well-known for her work in the areas of energy psychology and energy healing, she has helped hundreds of thousands of people worldwide to live better lives with her inspiring books and life-changing programs – *Energy Profiling* and *Dressing Your Truth*. Carol now applies her expertise in human nature to the world of parenting. In her latest work, *The Child Whisperer*, she shines great light and understanding on what it takes to raise a child true to his or her nature. As the original *Child Whisperer* – and mother of five of her own grown children – Carol is esteemed by parents and children alike for her ability to resolve parent-child conflicts and struggles quickly, and increase cooperation and harmony. Her book turns longstanding parenting assumptions on their heads, and shows how parenting can be an even more intuitive, cooperative, fulfilling experience than any good parent has ever imagined.

Authentic Happiness Mar 24 2022 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.

What You Can Change... and What You Can't Apr 24 2022 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!

Granny's Guitar Jun 02 2020 Teach your child the value of optimism in order to discover the positive aspects of life. Optimism is your child's most powerful tool to a happy life filled with success and mental stability. This is a heart warming yet powerful story which puts great emphasis on the importance of optimism, aimed specifically at children. The book follows the tale of the main character who discovers the good despite stumbling upon an unfortunate incident. It is a wonderful example which showcase courage and positivity even when life seems to be dealing one blow after the other. Like Robert H. Schuller once said "Tough days don't last, tough people do." The inspirational story details the journey of a young girl named Amanda whose beloved teddy bear was taken from her in school. After hearing of Amanda's incident, her caring Granny attempted to comfort her with a compelling story in the hopes of helping the little girl deal with the anguish of losing her beloved toy. Join Amanda as she embarks on an adventure which takes her back in time to the setting of Granny's story. Discover the powerful message behind Granny's uplifting story and how it helped Amanda cope with losing her favorite toy. Will Amanda find her beloved teddy bear in the end? Why exactly is Granny telling the story of her lost guitar? What really happened to Granny's lost guitar? What did Amanda learn after hearing Granny's story? So can you make your child more optimistic? Yes, you can! This book will help teach your children the values and importance of being optimistic. The benefits of optimism has previously been proven numerous times by extensive research. Research shows that optimists, who believe that they can achieve success, are in fact, more likely to do so. Not only do optimists enjoy additional benefits such as success and mental health but they also have the ability to build and maintain numerous relationships throughout their life. Raising your child to always look at the brighter side of any problem helps them to power through any situation they may encounter throughout their lifetime, allowing them to cope better than those who don't. The lesson of the book may be best expressed through John Wilson's inspirational quote: "Be thankful for all things in life. Even for the bad things. SOMETIMES the worst situations in life turn out to be the best things that ever happened to us." - John Wilson Granny's Guitar is a charming and delightful bedtime story for the entire family. The book is also highly

recommended for teachers and counselors who wish to share the message of positivity and optimism among their students. The book consists of vibrant, engaging illustrations and simple yet inspiring lessons which will make you think. Children will learn that life won't always consist of dark clouds and rainy days, but sometimes they must wait a little longer to see the sunshine on the other side of the storm. *** This children's book features Kindle Text Pop-Up for reading text over vivid, full-color images (double tap on the text). Scroll up and grab your copy of *Granny's Guitar* today!

The Hope Circuit May 26 2022 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.

Freeing Your Child from Negative Thinking Nov 19 2021 Analyzes the underlying causes of children's negative attitudes and provides strategies to help parents and their children manage negative thoughts, build optimism, and establish emotional resilience.