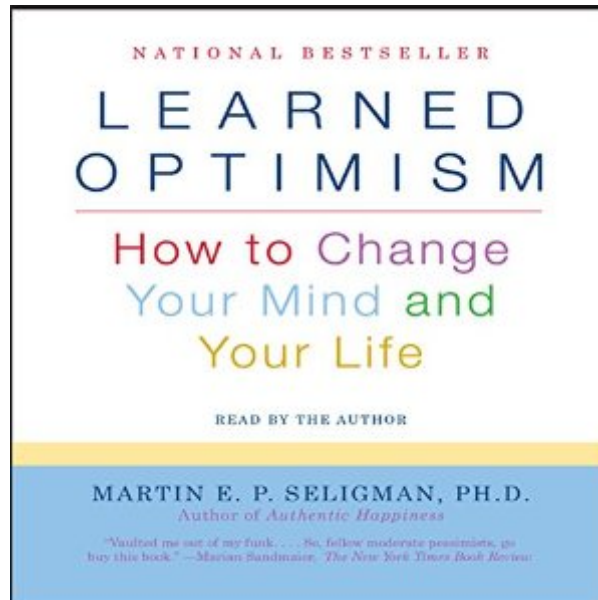


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# Learned Optimism: How To Change Your Mind And Your Life



## Synopsis

ARE YOU HOLDING YOURSELF BACK? Without knowing it, most of us impose limits on our achievement and our happiness by approaching life's problems and challenges with unnecessary pessimism. Now, Dr. Martin Seligman, a pioneer in cognitive psychology and motivational research, tells you how to identify your own self-defeating thought patterns -- and how to harness the powers of your conscious mind to break those patterns. The Science of Personal Control Based on years of rigorous research, "Learned Optimism" examines the importance of "explanatory style" -- the way in which we explain our problems and setbacks to ourselves -- and offers a series of exercises that will help you target unhealthy habits of pessimistic thinking and bring them under your control. More powerful and pragmatic than a simple program of positive thinking, Dr. Seligman's principles of reasoned, flexible optimism will help you: **"\* Attain maximum personal achievement\* Avoid feelings of helplessness and depression\* Develop a hopeful, healthy outlook"** "A Marvelous Achievement!" "Learned Optimism" blends hard-edged science with practical advice to give us an understanding of how we hold ourselves back and how we can change for the better." -- Dr. Wayne Dyer -- This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

I have always been very skeptical of all "self help" books, believing they were mainly fluff and a waste of time. On a whim I thought I would buy this book since it was written by a psychologist and clinical researcher, and claimed to have evidence that optimists actually do succeed more and accomplish more. As stated earlier, the author is a psychologist and clinical researcher who has

spent the majority of his life studying learned helplessness and optimism. After many clinical trials, he has been hired in many "real world" situations (including Met Life Insurance and sports teams) to improve results and test optimism and success. The results are astounding. The book describes the results using these real-life projects. As evidenced by these studies, optimism helps persons succeed in business, sports, politics, health, school, and literally all walks of life. The book demonstrated over and over again how I was handicapping myself by being negative and a pessimist. I am a very logical person and it took a book like this, written factually instead of emotionally, to open my eyes to pessimism. Since reading this book, I have dedicated myself to being an optimist, and I must say I have already noticed major differences in my life. I am succeeding at things I never would have even attempted before, and I have become very resilient in non-favorable situations. I have surprised myself over and over again. Not too many "life changing" books come along, but this book was definitely one for me. If you are a pessimist, this book can transform your life. If you are average or only slightly positive, this book can improve your life greatly. Do yourself a favor and read this book!

The thing that consistently surprised me about this book was the way that the author was able to provide extensive scientific verification for his claims. Most "self-help" books have anecdotal evidence at best to support their hypotheses. This book solidly supports its conclusions by means of numerous formal studies. Moreover, some of the material is very counter-intuitive. Attitudes one would have assumed were optimistic turn out to be pessimistic, and vice-versa. Seligman shows repeatedly where actual, testable predictions have been made based on his notions of optimism/pessimism, and the predictions have turned out to be well-founded. This requires careful, systematic definitions of terms, which he provides. Equally interesting was Seligman's analysis of the consequences of optimism and pessimism, and his demonstration that optimism can be learned, with beneficial results that extend well beyond "feeling good." I highly recommend this book.

I am a psychologist myself, and ever since I first began studying psychology, I have been fascinated by the work of Dr. Seligman. Once I started working as a therapist, I purchased and read this book to facilitate my work with clients. Dr. Seligman is a talented, amusing, and engaging writer who presents an extremely persuasive review of his research into the effects of learned optimism on mood, performance, health, etc. Because his research includes areas as diverse as including health (showing greater breast cancer survival rates for those who are more optimistic), sales success (proving that optimistic salesmen are more successful), and sports/politics (providing evidence that

both sports teams and political candidates are more likely to win when optimism is increased), his methods are believable to even the most die-hard psychological skeptic. Dr. Seligman explains your attribution style--that is, how you explain your successes/failures--can have a major impact on mood as well as all of the other dimensions mentioned above. He provides the reader with a concrete, easily understandable model to assess their own thinking style, emphasizing that being able to monitor your thoughts is the first step towards changing them. Finally, he presents a simple plan for changing thought patterns which involves easy to implement steps. This book will definitely help you to better understand how your thought patterns affect your mood and how to go about making changes in order to live a happier, healthier life; highly recommended.

This was a fairly interesting read. Seligman spends 80% of the book discussing what he has discovered about learned optimism over the years, and what other researchers have found on the subject. All of this information helps build a strong case for the idea that we humans can, and should, learn to be more optimistic. That being said, I gave this book such a low rating because I feel that the title is completely misleading. I didn't want to read all sorts of information about WHY changing my mind and life is important and possible. I wanted to learn HOW, and that's what the title promises. To be sure, there are some suggestions of how to learn optimism, but such little space in the book is dedicated to this topic that I felt misled and "ripped off" by the title. It's like reading a book called "Instructions for Knitting a Sweater for your Baby" and discovering that only the last chapter is in fact instructive; the first 100 pages are about the history of knitting, the need for babies to wear sweaters, what happens to those poor babies who don't wear sweaters, and why the author considers himself to be the best darn knitter in the entire county. Enough already!

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