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Learned Optimism How to Change Your Mind and Your Life

Learned Optimism is not a self-help book, it s based on a lot of scientific research and is not a light read. But worth it. This book validated so many of my life beliefs, so from now on, it may be the confirmation bias speaking :) Still, here are few pieces I strongly related to.

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Learned Optimism by Martin E P Seligman ebook

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

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Learned Optimism Book Summary Menprovement

Learned Optimism Book Summary. First let s start with a little definition. A pessimist believes he/she is the reason for the bad things that happen. They also believe the suffering will last long. An optimist believes outer circumstances are the reason for his/her suffering. They also tend to see the current suffering as a short term event.

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