

A photograph of a speaker, Reginald Braithwaite, standing on a stage in front of a large audience. He is wearing a dark blue and white floral print shirt and shorts, and is barefoot. He is gesturing with his hands as he speaks. The audience consists of many people seated in rows of chairs, all wearing matching dark blue and white floral shirts. The setting is a modern conference hall with large windows and red structural elements. A speech bubble graphic is overlaid on the image, containing the text.

Hello, my name is  
Reginald Braithwaite

# OPTIMISM



3 — Nordic Ruby | @raganwald

# I LIVE WITH DEPRESSION



5 — Nordic Ruby | @raganwald

# "LEARNED OPTIMISM"



# DR. SELIGMAN'S CLAIMS



9 – Nordic Ruby | @raganwald

# THE SECOND CLAIM



# EXPLANATORY THEORY

```
# actual method  
#  
#   'foo'.andand.size => 3  
#   nil.andand.size => nil  
#   'foo'.andand { |s| s << 'bar' } => 'foobar'  
#   nil.andand { |s| s << 'bar' } => nil  
#  
def andand(p = nil)  
  if self  
    if block_given?  
      yield(self)  
    elsif p  
      p.to_proc.call(self)  
    else  
      self  
    end  
  else  
    if block_given? or p  
      self  
    else  
      MockReturningMe.new(self)  
    end  
  end  
end
```



# Invokes the method and returns the receiver if nothing is raised. Therefore,  
# the purpose of calling the method is strictly for side effects. In the block  
# form, it resembles #tap from Ruby 1.9, and is useful for debugging. It also  
# brings back the slightly different syntax.



Some people like andand, because

"]"

something-something.

Some people dislike `andand`, because

"IT"

something-something.

summary

PERSONAL VS. IMPERSONAL

# THE PERSONAL VS. IMPERSONAL PARADOX



THIS SPECIFIC POST DIDN'T CLICK.

THIS POST CLICKED BECAUSE  
GENERALLY, I'M A GOOD WRITER.

summary

SPECIFIC VS. GENERAL

# THE SPECIFIC VS. GENERAL PARADOX



THAT DAY, I WAS ASSAULTED BY  
RACISTS.

I'VE ALWAYS FACED RACISM IN MY  
LIFE.

summary

TEMPORARY VS. PERMANENT

# THE TEMPORARY VS. PERMANENT PARADOX

# THE RECAP



I WAS  
INCONSISTENT



# PESSIMISTS

# OPTIMISTS



LEARNED

Optimism



# CONCLUSION.

Changing your explanations through repetition and consistency, changes your life: You become happier and more productive.



# MY CONJECTURE



# WHY IS THERE PESSIMISTIC FEEDBACK?



OPTIMISTIC PRAISE SHOULD  
BE PERSONAL, GENERAL, AND  
PERMANENT.

THIS ISSUE YOU FILED SHOWS WHY YOU  
HAVE BEEN AND WILL CONTINUE TO  
BE AN ASSET TO THE COMMUNITY.

OPTIMISTIC CRITICISM  
SHOULD BE IMPERSONAL,  
SPECIFIC, AND TEMPORARY.

THIS PULL REQUEST DOES NOT  
CURRENTLY MEET OUR STANDARDS,  
BECAUSE THESE SPECIFIC SOMETHING-  
SOMETHING-SOMETHINGS.



# OPTIMISTIC REPETITION AND CONSISTENCY

