

optimism ||



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Learned Optimism



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Dr. Seligman's claims



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The Second claim



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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
```

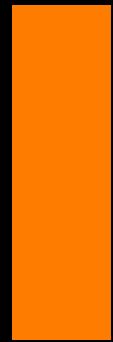
Invokes the method and returns the receiver if nothing is raised. Therefore,
the purpose of calling the method is strictly for side effects. In the block
form, it resembles `#stay` from Ruby 1.9, and is useful for debugging. It also
comes from Rails, with slightly different syntax.





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Some people like andand, because



something-something.

**Some people dislike andand, because
they
something-something.**

summary

Personal vs. Impersonal



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**Hacker News liked this
blog post.**

Hacker News validated
my experience as a
programmer.

summary

Specific vs. General



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**Our work made this
project a success.**

This was one highlight in
my and PagerDuty's
ongoing growth.

summary

Temporary vs. Permanent

The Recap



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I WAS
Inconsistent



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Pessimists

Optimists



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Learned Optimism



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Conclusion:

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



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a funny thing happened
on the way to

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Fixed and Growth Mindsets

The Fixed Mindset

The Growth Mindset



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children and the **Fixed** **Mindset**



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children and the Growth Mindset



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changing Mindsets



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Returning to childhood

you got an "A," because

you studied

you got an "A," because

**when you study, your
grades improve**

you got an "A," because

**when you study, you
learn, and your grades
reflect your learning**



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Optimism and growth for **positive** feedback

- Emphasize personal choice;
- Generalize the results of the our choices;
- Emphasize an ongoing arc of applying choices to produce personal growth.

this code is great, because

**when you apply learning
to your work, the results
get better and better**



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Optimism and growth for **negative** feedback

- Emphasize an impersonal cause of the event;
 - Restrict to a specific impact;
- Emphasize that this is a temporary blip in an otherwise positive ongoing arc.



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**this blog post lacks a
narrative that would hold
its arguments together**

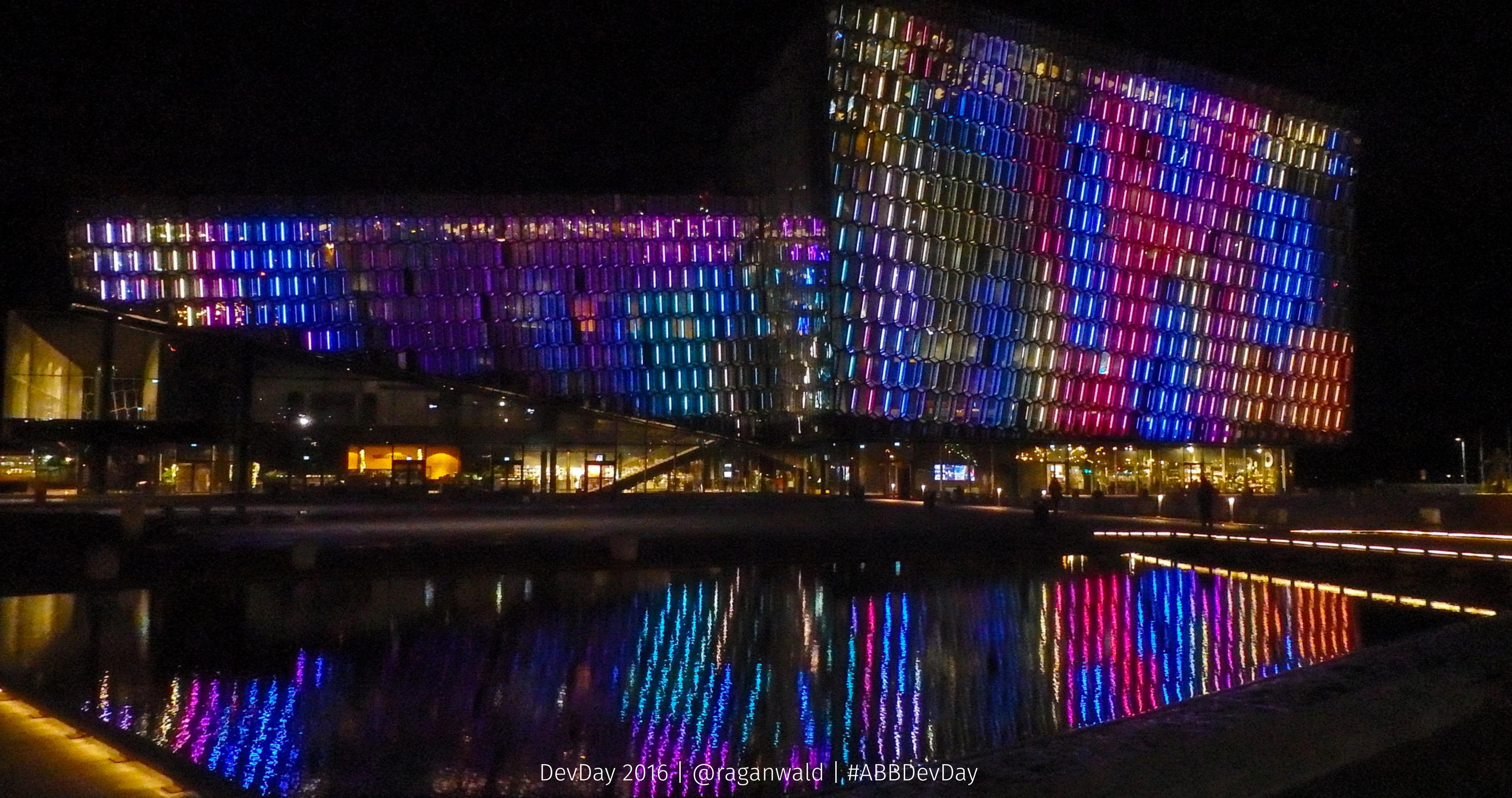
**when you state and stick
to a theme, your posts
are always coherent**



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Grit

(explained)



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The optimistic team



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NATIONAL BESTSELLER

LEARNED OPTIMISM

How to Change
Your Mind and
Your Life

WITH A NEW PREFACE

MARTIN E. P. SELIGMAN, Ph.D.

Author of *Authentic Happiness*

"Vaulted me out of my funk. . . . So, fellow moderate pessimists, go buy this book." —Marian Sandmaier, *The New York Times Book Review*