

## LEARNED OPTIMISM BOOK

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[Learned Optimism: How to Change Your Mind and Your Life](#)

I was expecting Learned Optimism to be as airy-fairy and worthless as Full Catastrophe Living, and was very pleased to discover that it is quite the opposite. It is a scientific treatment of optimism and its effects on how people respond to problems; that is, it examines who gives up and who perseveres, and why.

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Learned Optimism shows us how to stop automatically assuming guilt, how to get out of the habit of seeing the direst possible implications in every setback, and how to be optimistic. With concrete examples, Dr Seligman documents the effects of optimism on the quality of life, provides tests to determine the degree of our negative and positive.

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