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psychological discussion of pessimism, optimism, learned helplessness (giving up because you feel unable to change things), explanatory style (how you habitually explain to yourself why events happen), and depression, and how these affect success,

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As a result of this paradigm shift,  
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optimism. His work helped inspire the rise of positive psychology. Seligman went on to become the president of the American Psychological Association, elected by the largest vote in the APA's history.



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Learned Optimism is a positive psychology book. Martin Seligman, the author, explains the difference between optimists and pessimists is in thought patterns, and he teaches how we can

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become more optimists or, when the situation demands it, how we can strategically think more like pessimists.

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How to Change Your Mind and  
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(Paperback published in 2006),  
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buy this book." —Marian  
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Summary. First let's start with a  
little definition. A pessimist

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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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1 Positive Psychology: Learned Optimism By Rick Olson, PeakEffectiveness.com March 25, 2007 This is basically a very condensed summary of Dr. Martin Seligman's book, Learned Optimism: How to Change Your

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