

## LEARNED OPTIMISM



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Learned optimism was defined by Martin Seligman and published in his 1990 book, Learned Optimism. The benefits of an optimistic outlook are many: Optimists are higher achievers and have better overall health.

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I have learned that it is not always easy to know if you are a pessimist, and that far more people than realize it are living in this shadow. Tests reveal traces of pessimism in the speech of people who would never think of themselves as pessimists; they also show that these traces are sensed by others, who react negatively to the speakers.

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### **Learned Optimism The Half Full Cup**

Learned Optimism. If this topic interests you, then this could be the perfect time for you to check out Martin Seligman s book, Learned Optimism . The book gives a scientific, yet engaging, explanation of the benefits of learned optimism. Learned Optimism by Martin Seligman is available for purchase on Amazon, Barnes and Nobles, and other book outlets.

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### **Learned Optimism How to Change Your Mind and Your Life**

Learned Optimism sets out on a quest to change a fundamental aspect of human personality. While we have all been asked the question, "Is the glass half empty or half full?", who knew a book could help change your answer? Is that an overstatement? Absolutely not.

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### **Learned Optimism Test Stanford University**

Learned Optimism Test (adapted from Dr. Martin Seligman's book, "Learned Optimism") The Instructions: There are forty-eight (48) questions in this evaluation test. Take as much time as you need to answer each of the questions. On average, this test takes about fifteen minutes. There are no right or wrong answers.

<http://ebookslibrary.club/Learned-Optimism-Test-Stanford-University.pdf>

### **Learned Optimism How to Change Your Mind and Your Life by**

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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