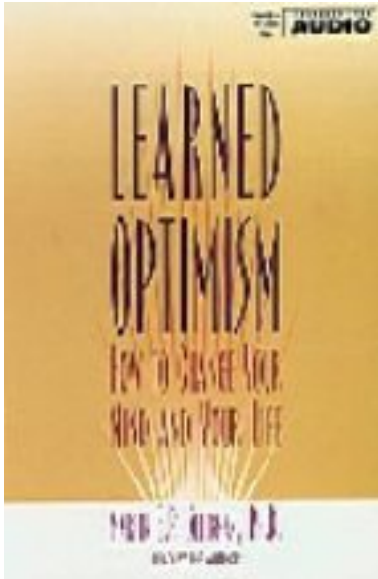


# LEARNED OPTIMISM



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In this groundbreaking national bestseller, Martin E.P. Seligman shows you how to chart a new approach to living with "flexible optimism." Drawing from more than twenty years of clinical research, Dr. Seligman outlines easy-to-follow techniques that have helped thousands of people rise above pessimism and the depression that accompanies negative thoughts and build a life of rewards and lasting happiness. Learned Optimism shows you how to: recognize your "explanatory style" -- what to say to yourself when you experience set-backs -- and how it influences your life boost your mood and your immune system -- with healthful thoughts help your children to practice the thought patterns that encourage optimism break the "I-give-up" habit with Dr. Seligman's ABC techniques change your interior dialogue and experience the astonishing positive results