

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

By Martin E. P. Seligman

Simon & Schuster Audio. No binding. Book Condition: New. Audio CD. Dimensions: 5.9in. x 0.7in. x 0.7in. You can significantly improve your life -- starting today -- with the power of Learned Optimism. 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Audio CD.



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