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Even if you already see yourself as an optimist, there is so much to be learned from this book. Learning the skills of exercising flexible optimism can benefit anyone (spouses, parents, children, employees, students, athletes, etc.).

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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. 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.
[Learned Optimism - Martin E. P. Seligman - Google Books](#)

Martin E.P. Seligman, Ph.D., professor of psychology at the University of Pennsylvania and a past president of the American Psychological Association, is a leading motivational expert and an authority on learned helplessness.

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About Learned Optimism. National Bestseller The father of the new science of positive psychology and author of Authentic Happiness draws on more than twenty years of clinical research to demonstrate how optimism enhances the quality of life, and how anyone can learn to practice it.
[Learned Optimism: How to Change Your Mind and Your Life ...](#)

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Learned optimism is the idea in positive psychology that a talent for joy, like any other, can be cultivated. It is contrasted with learned helplessness. Learning optimism is done by consciously challenging any negative self talk.

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