

The Optimistic Child A Proven Program To Safeguard Children Against Depression And Build Lifelong Resilience

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The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience Paperback – September 17, 2007 by Martin E. P. Seligman (Author)

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The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience 352 by Martin E. P. Seligman , Lisa Jaycox (With) , Karen Reivich (With) , Jane Gillham Martin E. P. Seligman

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The Optimistic Child

This book, The Optimistic Child, details his long-term research Seligman has a belief that someday, similar to how we have studied diseases and found immunisations for them, that we can work towards finding immunisations against depression using psychology, and that we can start fighting off not just physical illnesses but also mental illnesses from a young age.

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The Optimistic Child By teaching children skills of optimism, it is possible to “immunize” or safeguard them against episodes of depression. This concept is at the core of The Optimistic Child.

The Optimistic Child Book Review - GoStrengths!

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A proven program to safeguard children against depression and build lifelong resilience. In The Optimistic Child, Dr. Martin Seligman offers parents, teachers, and coaches a well-validated program...

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The Optimistic Child Quotes by Martin E.P. Seligman

From the bestselling author of Authentic Happiness In The Optimistic Child, Dr. Martin Seligman offers parents, teachers and coaches a well-validated program to prevent depression in children. Seligman shows adults how to teach children the skills of optimism that can help them combat sadness, achieve more on the playing field and at school and improve their physical health.

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A proven program to safeguard children against depression and build lifelong resilience. In *The Optimistic Child*, Dr. Martin Seligman offers parents, teachers, and coaches a well-validated program to prevent depression in children. In a thirty-year study, Seligman and his colleagues discovered the link between pessimism -- dwelling on the most ...

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