



Learned Optimism (Paperback)

By Tony Robson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Take the first step to a happier and more fulfilled you today by downloading Learned Optimism instantly! Today only, get Learned Optimism for just \$8.99. Regularly priced at \$12.99. The benefits of an optimistic outlook are many: Optimists are higher achievers and have better overall health. Pessimism, on the other hand, is much more common; pessimists are more likely to give up in the face of adversity or to suffer from depression. The beauty of optimism vs. pessimism is that both are a choice that we make. We can consciously decide to become more optimistic, if we choose the right behaviours, actions, and habits. Optimism is the key to a better life and a much happier world for you and those around you. Just like pessimism, optimism is contagious. Once you start the upward spiral, there is almost no effort involved; you are on a one-way train to an amazing life! Learned Optimism teaches you exactly how to get to this place of being using scientifically proven techniques and habits. Here Is A Preview Of What You ll Learn....



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