

THE OPTIMISTIC CHILD SELIGMAN MARTIN

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The Optimistic Child is the follow-up to Martin Seligman's bestseller Learned Optimism. With Learned Optimism Seligman became the pioneer of the Positive Psychology movement. This movement shifted its focus from talk therapy, which focuses on giving patients psychological air to discuss past trauma, to giving patients tools to overcome psychological obstacles.

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Commonly known as the founder of Positive Psychology, Martin Seligman is a leading authority in the fields of Positive Psychology, resilience, learned helplessness, depression, optimism and pessimism. He is also a recognized authority on interventions that prevent depression, and build strengths and

Book review: Martin Seligman et al., *The Optimistic Child*

The argument of *The Optimistic Child*: that lends itself only partly to that optimism. Seligman only occasionally acknowledges the biological components of depression--precisely the permanent, personal factors that would emerge in a pessimistic explanatory style. The data presented in the book is impressive, but Seligman does very little to help parents and teachers cope with the significant

The Optimistic Child: A Proven Program to Safeguard

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Parenting Press Optimistic Child

In Martin Seligman's book, *The Optimistic Child*, he outlines the following ABC's of optimism: Adversity is any unpleasant experience. For a child it might be falling off a bike, fighting with a friend, making a mistake on a homework assignment, etc. Belief is what a person tells herself about the adversity. For example, a child who falls off a bike might say: I'm such a klutz! I can