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The Optimistic Child: A Proven Program to Safeguard Children from Depression and Build Lifelong Resilience Martin Seligman Marty Seligman "invented" the sub-field of Positive Psychology, which looks to build strengths, resilience and thriving in people -- rather than only attempting to ameliorate mental problems.

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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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The Optimistic Child. 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.

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The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience 4.1 18 5 1 by Martin E. P. Seligman , Lisa Jaycox (With) , Karen Reivich (With) , Jane Gillham Martin E. P. Seligman

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The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience [Martin E. P. Seligman] on Amazon.com. *FREE* shipping on qualifying offers. The epidemic of depression in America strikes 30% of all children.

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This optimistic child is about providing youth the skills to face adversity with a dose of realistic optimism; this in turn allows youth to avoid downward spirals of negativity and grow from their challenges.

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