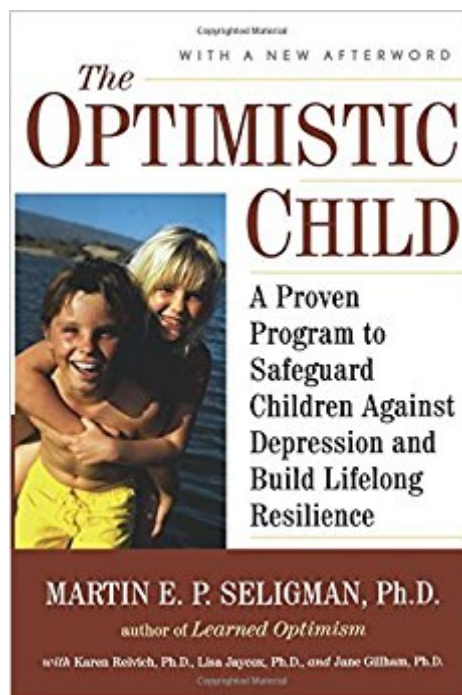




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The Optimistic Child: A Proven Program To Safeguard Children Against Depression And Build Lifelong Resilience



Synopsis

The epidemic of depression in America strikes 30% of all children. Now Martin E. P. Seligman, the best-selling author of *Learned Optimism*, and his colleagues offer parents and educators a program clinically proven to cut that risk in half. With this startling new research, parents can teach children to apply optimism skills that can curb depression, boost school performance, and improve physical health. These skills provide children with the resilience they need to approach the teenage years and adulthood with confidence. Over the last thirty years the self-esteem movement has infiltrated American homes and classrooms with the credo that supplying positive feedback, regardless of the quality of performance, will make children feel better about themselves. But in this era of raising our children to feel good, the hard truth is that they have never been more depressed. As Dr. Seligman writes in this provocative new book, "Our children are experiencing pessimism, sadness, and passivity on

Book Information

Paperback: 352 pages

Publisher: Mariner Books; Reprint edition (September 17, 2007)

Language: English

ISBN-10: 0618918094

ISBN-13: 978-0618918096

Product Dimensions: 5.5 x 0.9 x 8.2 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 93 customer reviews

Best Sellers Rank: #58,934 in Books (See Top 100 in Books) #77 in Books > Health, Fitness & Dieting > Mental Health > Depression #213 in Books > Health, Fitness & Dieting > Mental Health > Emotions #284 in Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology

Customer Reviews

According to noted psychologist Seligman (*Learned Optimism*), 30% of American children suffer from depression. Further, his studies demonstrate that "pessimistic children are at much higher risk for becoming depressed than optimistic children." His mission here is to teach parents and other concerned adults how to instill in children a sense of optimism and personal mastery. Seligman discounts prevalent theory that children who are encouraged by others to feel good about themselves will do well. Instead, he proposes that self-esteem comes from mastering challenges,

overcoming frustration and experiencing individual achievement. In clear, concise prose peppered with anecdotes, dialogues, cartoons and exercises, Seligman offers a concrete plan of action based on techniques of self-evaluation and social interaction. He describes the development of the Penn Depression Prevention Program, in which school kids are taught ways to divest themselves of pessimistic approaches and adopt optimistic ones, and adapts it to home use by parents. While a few of the exercises may seem daunting to parents, this encouraging volume moves beyond popular self-help tomes and ideology to offer hope and practical suggestions; it will be of great value to teachers as well. First serial rights to Ladies' Home Journal and Parents magazine; author tour. Copyright 1995 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"In clear, concise prose peppered with anecdotes, dialogues, cartoons and exercises, Seligman offers a concrete plan of action based on techniques of self-evaluation and social interaction."

---Publishers Weekly --This text refers to the Audio CD edition.

This is an enormously important book about leading your children to new attitudes and new outlooks, and based upon solid and irrefutable scientific evidence. We know that one's view of the world makes a huge difference in success and in happiness. We know that some people seem to be born with a temperament that causes them to just give up and never try and they are miserable much of the time, while others seem born problem-solvers who feel very confident in their own skins. This book shows you how ordinary mortals like us can help children become confident, happy problem-solvers who look ahead in their lives. Every parent, every grandparent, every teacher and counselor should be using this book in their daily interactions with children.

This was my entry book into the big world of positive psychology, and it remains a firm favourite. I first read it many years before I had children. I love the research he discusses, the basic course in cognitive behavioural therapy that is contained within - for both parent and child, and the way he writes. BUT I have a number of friends who found his writing supercilious and the book hard going. I think there are other books that are probably easier to implement for parents - the whole brain child, Siegel and how to talk so kids will listen ... Faber! I think this book explicitly asks parents to assess themselves in a way that is confronting (something I love), so I can see why this hits nerves. I think if you are truly interested in preventing depression in your children, this is a must read. I would probably like a bit more about teaching empathy included within the book, and I would love further

follow up on the Geelong Grammar PPP results in the next edition.

Dr. Seligman is insightful and uses a wide range of data to support his assertions. My kids don't suffer from depression, but his practical advice can be applied to everyone.

This book was very informative and offered some practical applications to use in my practice, as well as in my personal life.

This book was purchased based on my father's suggestion. As I have a one year old he thought it was a great tool to understand and guide baby's behaviours and to raise balanced children. The many examples in the book help understand how to better handle challenging situations and how to impact positively our children's life. I am so glad I bought it and I will recommend to all the ones that want their children to have the most positive attitude in life.

A fantastic read. Seligman is a genius on rearing children.

I will give the review that I have given 'The Resilience Factor'. Also I would recommend this book to all parents who wish to help their children to be resilient. I am able to discuss resilience building with other parents more productively.

I've recently become more involved as a caretaker for my grand-children. This book is an amazing insight into how my pre-boomer generation were raised to be self reliant- it helps me realize how my childhood was rich and valuable. I thought I just had old fashioned ideas. As an educator of 45 years, I wish I had had it to read earlier.

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Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ (Help for Depression in Teens)
The Depression Workbook: A Guide for Living with Depression and Manic Depression,

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