



You Can be an Optimist: Change Your Thinking, Change Your Life

By Lucy Macdonald

Watkins Media. Paperback. Book Condition: new. BRAND NEW, You Can be an Optimist: Change Your Thinking, Change Your Life, Lucy Macdonald, The statistics on the power of optimism are staggering. Studies comparing pessimistic people with optimistic clearly show that optimists possess the ability (among other things) to excel academically, professionally and in sports, to resist infectious illness and fend off chronic disease, and to overcome setbacks in their life quickly and without fear. With its foundations firmly embedded in the scientific principles of cognitive behaviour, Learn to Be An Optimist suggests realistic ways for you to transform your life by opening your mind to a more positive attitude. Inspiring practical advice and step-by-step exercises help you to recognise and deal with problems as temporary, specific and external, rather than expressions of any failure in you as a person. You will feel the benefits of this approach in the form of increased productivity in the workplace; improved personal and professional relationships; better physical and psychological health; and even prolonged life expectancy.

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