

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

The stunning success of Reviving Ophelia, Mary Pipher’s landmark book, showed a true and pressing need to address the emotional lives of girls. Now, finally, here is the book that answers our equally timely and critical need to understand our boys. In Raising Cain, Dan Kindlon, Ph.D., and Michael Thompson, Ph.D., two of the country’s leading child psychologists, share what they have learned in more than thirty-five years of combined experience working with boys and their families. They reveal a nation of boys who are hurting—sad, afraid, angry, and silent. Statistics point to an alarming number of young boys at high risk for suicide, alcohol and drug abuse, violence and loneliness. Kindlon and Thompson set out to answer this basic, crucial question: What do boys need that they’re not getting? They illuminate the forces that threaten our boys, teaching them to believe that “cool” equals macho strength and stoicism. Cutting through outdated theories of “mother blame,” “boy biology,” and “testosterone,” Kindlon and Thompson shed light on the destructive emotional training our boys receive—the emotional miseducation of boys. Through moving case studies and cutting-edge research, Raising Cain paints a portrait of boys systematically steered away from their emotional lives by adults and the peer “culture of cruelty”—boys who receive little encouragement to develop qualities such as compassion, sensitivity, and warmth. The good news is that this does happen. There is much we can do to prevent it. Kindlon and Thompson make a compelling case that emotional literacy is the most valuable gift we can offer our sons, urging parents to recognize the price boys pay when we hold them to an impossible standard of manhood. They identify the social and emotional challenges that boys encounter in school and show how parents can help boys cultivate emotional awareness and empathy—giving them the vital connections and support they need to navigate the social pressures of youth. Powerfully written and deeply felt, Raising Cain will forever change the way we see our sons and will transform the way we help them to become happy and fulfilled young men.

For over a century the focus of psychotherapy has been on what ails us, with the therapeutic process resting upon the assumption that unearthing past traumas, correcting faulty thinking, and restoring dysfunctional relationships is curative. And indeed, they are - but in the rush to identify and reduce symptoms of mental disorder, something important has been overlooked: the positives. Should enhancing well-being, and building upon character strengths and virtues, be explicit goals of therapy? Positive Psychotherapy provides therapists with a session-by-session therapeutic approach based on the principles of positive psychology, a burgeoning area of study examining the conditions and processes that enable individuals, communities, and institutions to flourish. This clinician’s manual begins with an overview of the theoretical framework for positive psychotherapy, exploring character strengths and positive psychology practices, processes, and mechanisms of change. The second half of the book is contains 15 positive psychotherapy sessions, each complete with core concepts, guidelines, skills, and worksheets for practicing skills learned in session. Each session also includes at least one vignette as well as discussion of cross-cultural implications. Mental health professionals of all orientations will find in Positive Psychotherapy a refreshing alternative to symptom-based approaches that will endow clients with a sense of purpose and meaning that many have found lacking in more traditional therapies.

Explains the four pillars of well-being—meaning and purpose, positive emotions, relationships, and accomplishment—placing emphasis on meaning and purpose as the most important for achieving a life of fulfillment.

'This book heralds an exciting new chapter in the history of family-centred practice. It takes us a long way down the road toward the destination of strength-based family work.' From the foreword by Associate Professor Dorothy Scott, University of Melbourne Life can be a struggle for some families, and support from skilled family workers can make a real difference. Promoting Family Change is a guide to working with vulnerable and marginalised families outside formal therapy settings. Promoting Family Change introduces several approaches to family work which have proven to be very successful: solution-focused, narrative, cognitive, and community-building. These approaches assume that the starting point for change is the strengths and capacities of family members. The book is illustrated with detailed case studies drawn from actual practice, and it includes examples of innovative programs. It also looks at ways in which workers can incorporate these approaches into their practice to become more effective in their interventions with vulnerable families. Promoting Family Change is a good introduction to family practice for students and a valuable reference for welfare and community workers who wish to review and improve their practice skills. Bronwen Elliott is a social worker with wide experience in working with families and consults with a range of agencies to improve their services. Louise Mulronev has worked for the last twenty years in the field of child and family welfare, particularly in the areas of training and policy development. Di O'Neill is Director of Special Projects and Training for St Luke's Family Care in Bendigo, and co-author of Beyond Child Rescue. Childhood obesity has reached epidemic proportions: More than 18 million American children are considered obese and are at risk for health problems. In fact, today's generation of kids may be the first to experience shorter life spans than their parents. Leading pediatrician Dr. Joanna Dolgoff's Red Light, Green Light, Eat Right teaches kids how to make healthy choices based on the principles of the traffic light: green light foods are nutritious, yellow light foods are eaten in moderation, and red light foods are occasional treats. The program, which has a proven 96 percent success rate, can be tailored to suit any child's age, gender, and weight goals. Snacks and meals are designed to ensure that kids get the nutrients they need to not only lose or maintain weight, but to grow strong, healthy bodies. Complete with sample menus, recipes, and an index of more than 1,000 color-coded foods, Red Light, Green Light, Eat Right provides a practical solution for one of the biggest health crises facing America's children.

Quality of Life Therapy

Red Light, Green Light, Eat Right

Summary and Analysis of The Optimistic Child

A Proven Plan for Depression-Proofing Young Children--For Life

Parenting Matters

Learned Optimism

The Self-driven Child

Last Child in the Woods

Our species is misnamed. Though sapiens defines human beings as “wise” what humans do especially well is to prospect the future. We are homo prospectus. In this book, Martin E. P. Seligman, Peter Railton, Roy F. Baumeister, and Chandra Sripada argue it is anticipating and evaluating future possibilities for the guidance of thought and action that is the cornerstone of human success. Much of the history of psychology has been dominated by a framework in which people’s behavior is driven by past history (memory) and present circumstances (perception and motivation). Homo Prospectus reassesses the idea, pushing focus to the future front and center and opening discussion of a new field of Psychology and Neuroscience. The authors delve into four modes in which prospectation operates: the implicit mind, deliberate thought, mind-wandering, and collective (social) imagination. They then explore prospective role in some of life’s most enduring questions: Why do people think about the future? Do we have free will? What is the nature of intuition, and how might it function in ethics? How does emotion function in human psychology? Is there a common causal process in different psychopathologies? Does our creativity change with age? In this remarkable convergence of research in philosophy, statistics, decision theory, psychology, and neuroscience, Homo Prospectus shows how human prospectation fundamentally reshapes our understanding of key cognitive processes, thereby improving individual and social functioning. It aims to galvanize interest in this new science from scholars in psychology, neuroscience, and philosophy, as well as an educated public curious about what makes humanity what it is.

Two renowned child psychologists draw on a vast body of scientific literature and real-life anecdotes from their own practices to explain why some children are able to overcome overwhelming obstacles while others easily become victims of experience and environment.

The O t m r t Ch ld (1996) explores both th b n f t r ng hldr nt b t m t and th d ng r of m t l th nk ng Dr w ng ng psychologist Martin S l gm n' m n research, this r t l guide explains how r nt n n n ll optimism nth r hldr n nd u them w th h lth w f thinking. "The optimism movement is fueled by this fundamental idea: the child in nature is an endangered species, and the health of children and the health of the Earth are inseparable." —Richard Louv, from the new edition In his landmark work Last Child in the Woods, Richard Louv brought together cutting-edge studies that pointed to direct exposure to nature as essential for a child ’s healthy physical and emotional development. Now this new edition updates the growing body of evidence linking the lack of nature in children ’s lives and the rise in obesity, attention disorders, and depression. Louv ’s message has galvanized an international back-to-nature campaign to “ Leave No Child Inside.” His book will change the way you think about our future and the future of our children. “[The] national movement to ‘leave no child inside’ . . . has been the focus of Capitol Hill hearings, state legislative action, grass-roots projects, a U.S. Forest Service initiative to get more children into the woods and a national effort to promote a ‘green hour ’ in each day. . . . The increased activism has been partly inspired by a best-selling book, Last Child in the Woods, which describes a generation so plugged into electronic diversions that it has lost its connection to the natural world, is helping drive a movement quickly flourishing across the nation. ” —The Nation ’s Health “ This book is an absolute must-read for parents. ” —The Boston Globe Now includes A Field Guide with 100 Practical Actions We Can Take Discussion Points for Book Groups, Classrooms, and Communities Additional Notes by the Author New and Updated Research from the U.S. and Abroad

A look at the role of resilience in promoting a happy and healthy life introduces seven proven techniques for developing the capacity for coping with the challenges and setbacks of life, from self-criticism and negative self-images to crises, anxiety, and grief. Reprint.

Raising an Optimistic Child

Flourish

Raising Cain

Positive Psychotherapy

Practical Solutions for Out-of-Bounds Behavior

The Resilience Factor

The New Psychology of Success

Argues that upbringing is much less important for development than genetics is and encourages parents to find ways to enjoy raising than children, rather than making the task a chore.

An internationally bestselling author of 13 Things Mentally Strong People Don ’ t Do, Amy Morin, empowers tweens, teaching them how to think, feel, and act stronger than ever! Perfect for fans of The Confidence Code for Girls, this book tackles mental strength in a relatable way. Filled with fun graphics and illustrations throughout. “ This book is a powerful gift to kids—it shows them how to help themselves!” —Claire Shipman, New York Times bestselling coauthor of The Confidence Code for Girls Do you worry that you don ’ t fit in? Do you feel insecure sometimes? Do you wish your life looked as perfect as everyone else on social media? Do you have anxiety about things you can ’ t control? Being a tween can be really hard, especially in today ’s world. You balance it all—homework, extracurricular activities, chores, friendship drama, and family, all while trying to get the impression that you know exactly what you ’re doing. Sometimes when we try to look perfect on the outside, we can feel rotten in the inside. Do you want to become a stronger person, inside and out? By picking up this book, you ’re already taking the first step toward becoming a better person where it counts—by training your brain. Prominent psychotherapist and social worker Amy Morin offers relatable scenarios, then shows tweens the ways they can develop healthy habits, build mental strength, and take action toward becoming their best selves. 13 Things Strong Kids Do gives tweens the tools needed to overcome life ’s toughest challenges. This nonfiction middle grade book is an excellent choice for tween readers in grades 5 to 8, including those living through the stresses of homeschooling, returning to the classroom, and navigating a changed and stressful world.

One of the most influential living psychologists looks at the history of his life and discipline, and paints a much brighter future for everyone. When Martin E. P. Seligman first encountered psychology in the 1960s, the field was devoted to eliminating misery; it was the science of how past trauma creates present symptoms. Today, thanks in large part to Seligman’s Positive Psychology movement, it is ever more focused not on what cripples life, but on what makes life worth living—with profound consequences for our mental health. In this wise and eloquent memoir, spanning the most transformative years in the history of modern psychology, Seligman recounts how he learned to study optimism—including a life-changing conversation with his five-year-old daughter. He tells the human stories behind some of his major findings, like C.A.V.E., an analytical tool that predicts election outcomes (with shocking accuracy) based on the language used in campaign speeches, the international spread of Positive Education, the launch of the US Army’s huge resilience program, and the canonical studies that birthed the theory of learned helplessness—which he now reveals was incorrect. And he writes at length for the first time about his own battles with depression at a young age. In The Hope Circuit, Seligman makes a compelling and deeply personal case for the importance of virtues like hope, gratitude, and wisdom for our mental health. You will walk away from this book not just educated but deeply enriched.

A clinical neuropsychologist and test-prep guru combine cutting-edge brain science with insights from their work with families to make a radical case for giving kids more freedom to unleash their full potential.

As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today ’s rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

The Science and Sense of Giving Your Kids More Control Over Their Lives

Half Empty, Half Full

Supporting Parents of Children Ages 0-8

Understanding the Psychological Roots of Optimism

Authentic Happiness

There’s No Such Thing as Bad Weather

With No Pills, No Therapy, No Contest of Will

The Art of Inspired Living

The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset “Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”—Bill Gates, GatesNotes After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

Unlook for child bestselling author Martin E. P. Seligman’s The Optimistic Child is “the first major work to provide an effective program for preventing depression in childhood and probably later in life” (Aaron T. Beck, author of Love is Never Enough). The epidemic of depression in America strikes 30% of all children. Now Martin E. P. Seligman, the bestselling author of Learned Optimism, and his colleagues offer parents and educators a program clinically proven to cut that risk in half. With this startling research, parents can teach children to apply optimism skills that can combat 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. For more than 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, “Teaching optimism is more than, I realized, that just correcting pessimism..It is the creation of a positive strength, a sunny but solid future-mindedness that can be deployed throughout life. I do not only to fight depression and come back from failure, but also to be the foundation of success and vitality.”

From the bestselling author of Authentic Happiness Known as the father of the science of positive psychology, Martin E.P. Seligman draws on more than twenty years of clinical research to demonstrate how optimism enhances the quality of life, and how anyone can learn to practice it. Offering many simple techniques, Dr. Seligman explains how to break an ‘I give up’ habit, develop a more constructive explanatory style for interpreting your behaviour, and experience the benefits of a more positive interior dialogue. These skills can help break up depression, boost your immune system, better develop your potential, and make you happier. With generous additional advice on how to encourage optimistic behaviour at school, at work and in children, Learned Optimism is both profound and practical, making it highly valuable for every phase of life. Decades of research have demonstrated that the parent-child dyad and the environment of the familyâ”which includes all primary caregiversâ”are at the foundation of children’s well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child’s brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents’ lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents’ use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

A book likely to transform how parents manage many of their child’s daily struggles, Drs. Smith and Gouze explain the central and frequently unrecognized role that sensory processing problems play in a child’s emotional and behavioral difficulties. Practicing child psychologists, and themselves parents of children with sensory integration problems, their message is innovative, practical, and, above all, full of hope. A child with sensory processing problems overreacts or underreacts to sensory experiences most of us take in stride. A busy classroom, new clothes, food smells, sports activities, even hugs can send such a child spinning out of control. The result can be heartbreaking: battles over dressing, bathing, schoolwork, social functions, holidays, and countless other events. In addition, the authors say, many childhood psychiatric disorders may have an unidentified sensory component. Readers Will Learn: The latest scientific knowledge about sensory integration How to recognize sensory processing problems in children and evaluate the options for treatment How to prevent conflicts by viewing the child’s world through a “sensory lens” Strategies for handling sensory integration challenges at home, at school, and in twenty-first-century kid culture The result: a happier childhood, a more harmonious family, and a more cooperative classroom. This thoroughly researched, useful, and compassionate guide will help families start on a new path of empowerment and success.

How do you help your child open up to you? With so little time in a busy day, how can a parent find that elusive “quality time” time? This discipline techniques work for young children, and why?An empowering book that emphasizes real-life parenting situations and practical, compassionate solutions, Parenting by Heart is filled with specific advice tried by thousands of families. Showing what actually works rather than what theoretically “should” work, here are hundreds of step-by-step, tested solutions that will help make parents feel more confident about how to instill values, be in charge, and stay connected with today’s kids in these modern and often difficult times.

The Science Behind Reducing Stress and Nurturing Independence

Clinician Manual

Applying a Life Satisfaction Approach to Positive Psychology and Cognitive Therapy

Raising Resilient Children

Life Of Galileo

Parenting a Child Who Has Intense Emotions

The Sensory-Sensitive Child

The Thriving Child

Features a step-by-step method for parents that experience problems with their children; discusses seven myths of parenting; and offers advice for solving common issues with children in different age groups, from toddlers to adolescents.

As parents we all want the best for our children, but so often over-manage every aspect of their lives, leaving them overwhelmed, lacking motivation, and at risk of mental health problems as adults. So how can we prevent this from happening? Over their combined sixty years of practice, William Stixrud, a clinical neuropsychologist, and Ned Johnson, the founder of an elite tutoring agency, have worked with thousands of children all facing this problem. Together they discovered that the best antidote to stress is to give kids more of a sense of control over their lives. In this ground-breaking book they will teach you how to set your child on the real road to success and share their trusted techniques to help your child to reduce their stress and anxiety, foster independent thinking, and achieve their full potential. The Thriving Child is essential reading for every parent to help their child sculpt a resilient, stress-proof brain that is ready to take on new challenges.

New York Times bestselling author Martin E. P. Seligman’s The Optimistic Child is “the first major work to provide an effective program for preventing depression in childhood and probably later in life” (Aaron T. Beck, author of Love is Never Enough). The epidemic of depression in America strikes 30% of all children. Now Martin E. P. Seligman, the bestselling author of Learned Optimism, and his colleagues offer parents and educators a program clinically proven to cut that risk in half. With this startling research, parents can teach children to apply optimism skills that can combat 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. For more than 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, “Teaching optimism is more than, I realized, that just correcting pessimism..It is the creation of a positive strength, a sunny but solid future-mindedness that can be deployed throughout life. I do not only to fight depression and come back from failure, but also to be the foundation of success and vitality.”

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how the new science of strength-based parenting helps your child and your teen flourish

13 Things Strong Kids Do: Think Big, Feel Good, Act Brave

The Optimistic Child

Why Being a Great Parent is Less Work and More Fun Than You Think

Thrivers

Optimistic Parenting

Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive B

The Hope Circuit

The world isn’t coming to an end, contrary to what you may have heard. But the media’s near-exclusive focus on conflict and disaster means that the progress and everyday acts of brilliance taking place across the globe go unnoticed. Jurriaan Kamp shows that optimismintelligent optimism, not a rose-colored-glasses brand of wishful thinkingis good for not only your mind but your body too. He details a whole host of health problems that can actually be linked to pessimism. Moreover, there is good reason for optimism: Kamp proves that on the whole we’re living longer, becoming smarter, working less, and growing richer. Not only that, democracy is on the rise, and violence is declining. This book will help you tune out the media’s focus on sensationalism and negativity and turn on your natural optimism so you’ll drop into a (real) world! that’s richer than you ever imagined.

This Student Edition of Brecht’s classic dramatisation of the conflict between free enquiry and official ideology features an extensive introduction and commentary that includes a plot summary, discussion of the context, themes, characters, style and language as well as questions for further study and notes on words and phrases in the text. It is the perfect edition for students of theatre and literature Along with Mother Courage, the character of Galileo is one of Brecht’s greatest creations, immensely live, human and complex. Unable to resist his appetite for scientific investigation, Galileo’s heretical discoveries about the solar system bring him to the attention of the Inquisition. He is scared into publicly abjuring his theories but, despite his self-contempt, goes on working in private, eventually helping to smuggle his writings out of the country. As an examination of the problems that face not only the scientist but also the whole spirit of free inquiry when brought into conflict with the requirements of government or official ideology, Life of Galileo has few equals. Written in exile in 1937-9 and first performed in Zurich in 1943, Galileo was first staged in English in 1947 by Joseph Losey in a version jointly prepared by Brecht and Charles Laughton, who played the title role. Printed here is the complete translation by John Willott.

The Optimistic ChildA Proven Program to Safeguard Children Against Depression and Build Lifelong ResilienceHarperCollins

In this important, entertaining book, one of the world’s most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In Authentic Happiness, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity - into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. Authentic Happiness provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

The author, a renowned research psychoanalyst, challenges the idea that optimism is genetic, arguing instead that experiences in the first three years of life often shape the neural pathways in the brain.

Mindset

Fostering Strength, Hope, and Optimism in Your Child

The optimism factor

The Surprising Reasons Why Some Kids Struggle and Others Shine

Homo Prospectus

Parenting By Heart

The Food Solution That Lets Kids Be Kids

The Optimist Creed

Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When your child has problems regulating his or her emotions, there’s no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioral outbursts that leave parents feeling bewildered and helpless. Other parents may have told you that it’s just a phase or that your child needs discipline. In reality, your child may have emotion dysregulation, a tendency to react intensely to situations other children take in stride. Parenting a Child Who Has Intense Emotions is an effective guide to de-escalating your child’s emotions and helping your child express feelings in productive ways. You’ll learn strategies drawn from dialectical behavior therapy (DBT), including mindfulness and validation skills, and practice them when your child’s emotions spin out of control. This well-researched method for managing emotions can help your child make dramatic emotional and behavioral changes that both of you will be proud of.

The bestselling author of UnSelfie offers 7 teachable traits that will safeguard our kids for the future. We think we have to push our kids to do more, achieve more, BE more. But we’re modeling the wrong traits—like rule-following and caution—and research shows it’s NOT working. This kind of “Striver” mindset isn’t just making kids unhappy, says Dr. Michele Borba...it’s actually the opposite of what it takes to thrive in the uncertain world ahead. Thrivers are different: they flourish in our fast-paced, digital-driven, often uncertain world. Why? Through her in-depth research, Dr. Borba discovered that the difference comes down not to grades or test scores, but to seven character traits that set Thrivers apart—confidence, empathy, self-control, integrity, curiosity, perseverance, and optimism. The even better news: these traits can be taught to children at any age...in fact, parents and educators must do so. In Thrivers, Dr. Borba offers practical, actionable ways to develop these traits in children from preschool through high school, showing how to teach kids how to cope today so they can thrive tomorrow.

A program for fostering positive relationship-building habits in children to help alleviate and even prevent childhood depression Faising an Optimistic Child offers you tools for creating a positive, supportive family atmosphere that helps children who are already depressed and can even prevent this crippling disorder. Steps and additional techniques will help you combat your own depression, tackle parental issues, and enhance learning and coping skills. It also alerts you to circumstances that put a child at risk for depression and suggests ways to ward it off.

If you’re tired of how low your “ideal” weight will prolong your life, that telling child who can undo adult personality problems, that alcoholic who adds addictive personalities, or that psychoanalysis helps cure anxiety, then get ready for a shock. In the climate of self-improvement that has reigned for the last twenty years, misinformation about treatments for everything from alcohol abuse to sexual dysfunction has flourished. Those of us trying to change these conditions are often frustrated by a relapse. But have you ever asked yourself: can my condition really be changed? And if so, am I going about it in the most effective way? Grounding his conclusions in the most recent and most authoritative scientific studies, Seligman pinpoints the techniques and therapies that work best for each condition, explains why they work, and discusses how you can use them to change your life. Inside, you’ll discover: the four natural healing factors for recovering from alcoholism; the vital difference between overeating and being overweight; and why dieters always gain back the pounds they “lost”; the four therapies that work for depression, and how you can “dispute” your way to optimistic thinking; the pros and cons of anger, and the steps to take to understand it and much more!

Weltschmerz is a study of the pessimism that dominated German philosophy in the second half of the nineteenth century. Pessimism was essentially the theory that life is not worth living. This theory was introduced into German philosophy by Schopenhauer, whose philosophy became very fashionable in the 1860s. Frederick C. Beiser examines the intense and long controversy that arose from Schopenhauer’s pessimism, which changed the agenda of philosophy in Germany away from the logic of the sciences and toward an examination of the value of life. He examines the major defenders of pessimism (Philipp Mainländer, Eduard von Hartmann and Julius Bahnsen) and its chief critics, especially Eugen Dühring and the neo-Kantians. The pessimism dispute of the second half of the century has been largely ignored in secondary literature and this book is a first attempt since the 1880s to re-examine it and to analyze the important philosophical issues raised by it. The dispute concerned the most fundamental philosophical issue of them all: whether life is worth living.

A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience By Martin E.P. Seligman

Saving Our Children From Nature-Deficit Disorder

How to Find Health and Success in a World That’s a Better Place Than You Think

Why Today’s Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us

Pessimism in German Philosophy, 1860-1900

Welschmerz

Protecting the Emotional Life of Boys

The Strength Switch

The first-ever collection of writings by Christian D. Larson, author of the famous "Optimist Creed" and one of the twentieth-century's pioneers of motivational thought. Contemporary research has shown that optimistic people experience longer and healthier lives, better relationships, and higher incomes. Generations before such findings, however, inspirational writer Christian D. Larson showed an amazing grasp of the life-changing power of gratitude and optimism. Today, Larson is known worldwide for his powerful meditation, "The Optimist Creed," and other classics of spiritual living. But no single volume has collected his greatest writings. Here, at last, is a long-overdue anthology that makes Larson's foundational writings available to the countless readers who already know his name and work. Like no one else of his day, Larson understood the metaphysical and psychological dimensions of grateful living - or, as he famously put it, "an attitude of gratitude." Affirmative thought, Larson reasoned, sets in motion unseen forces, both spiritual and psychical, and aids in manifesting our desires. The Optimist Creed features complete editions of Larson's most deeply affecting works, each redesigned and reset. It contains: The Pathway of Roses; Your Forces and How to Use Them (the work that features his original "Optimist Creed"); Mastery of Self; The Ideal Made Real; and Just Be Glad.

Unlock the secrets to confident, skillful, and positive parenting with this strategy-filled guide from a top behavior expert. Parents of children with a range of challenging behaviors and special needs

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. In a thirty-year study, Seligman and his colleagues discovered the link between pessimism -- dwelling on the most catastrophic cause of any setback -- and depression. Seligman shows adults how to teach children the skills of optimism that can help them combat depression, achieve more on the playing field and at school, and improve their physical health. As Seligman states, 'Teaching children optimism is more, I realized, than just correcting pessimism . . . It is the creation of a positive strength, a sunny but solid future-mindedness that can be deployed throughout life -- not only to fight depression and to come back from failure, but also to be the foundation of success and vitality.' *The Optimistic Child* offers parents and teachers the tools developed by the author to teach children of all ages, life skills that transform helplessness into mastery and bolster self-esteem. Learning the skills of optimism not only reduces the risk of depression but boosts school performance, improves physical health, and provides children with the self-reliance they need as they approach the teenage years and beyond. 'A world of optimists is a bigger world, a world of more possibilities', says Seligman. Filled with practical advice and written in clear, helpful language, this book is an invaluable resource for caregivers who want to open up this world for their children.

National Bestseller *The Father of the new science of positive psychology and author of Authentic Happiness* draws on more than twenty years of clinical research to demonstrate how optimism enhances the quality of life, and how anyone can learn to practice it. Offering many simple techniques, Dr. Seligman explains how to break an "I—give-up" habit, develop a more constructive explanatory style for interpreting your behavior, and experience the benefits of a more positive interior dialogue. These skills can help break up depression, boost your immune system, better develop your potential, and make you happier.. With generous additional advice on how to encourage optimistic behavior at school, at work and in children, *Learned Optimism* is both profound and practical--and valuable for every phase of life. "Vaulted me out of my funk.... So, fellow moderate pessimists, go buy this book." —Marian Sandmaier, *The New York Times* Book Review

Note: Book no longer includes a CD-ROM, but the files are available online for download for both book and ebook purchasers at www.wiley.com/go/frisch "This book defines an approach to well-being and positive psychology, that is state-of-the-art, evidence-based, empirically validated, and an outstanding guide for anyone interested in learning about the practice of positive psychology or well-being." —Ed Diener, the world authority on happiness from the University of Illinois and President of the International Positive Psychology Association. Endorsed by Christopher Peterson of the University of Michigan and taught in Marty Seligman's Masters in Applied Positive Psychology (MAAPP) Program at the University of Pennsylvania, this book teaches a simple, step-by-step method for putting the fields of well-being and positive psychology into practice. It's a "one-stop shopping" manual with everything you need in one book and with one approach. This approach to greater happiness, meaning, and success is "evidence-based" and empirically validated. It has been successfully tested in three randomized controlled trials, including two NIH-grant funded trials conducted by James R. Rodrigue and his colleagues at Beth Israel and Harvard Medical Centers in Boston. Quality of Life Therapy also known as Quality of Life Therapy and Coaching or OOLTC is designed for use by therapists, coaches, organizational change agents/consultants, and all professionals who work to improve peoples' well-being. Many laypersons and clients have found the book useful as well. This book explains the "Sweet 16" Recipe for Joy and Success, along with validated interventions for each: 1. Basic Needs or Wealths: Health, Money, Goals-and-Values/Spiritual Life, Self-Esteem 2. Relationships: Love, Friends, Relatives, and Children 3. Occupations-Avocations: Work and Retirement Pursuits, Play, Helping-Service, Learning, Creativity 4. Surroundings: Home, Neighborhood, Community

Selfish Reasons to Have More Kids

A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience

iGen

Promoting Family Change

The Kazdin Method for Parenting the Defiant Child

A Psychologist's Journey from Helplessness to Optimism

Hope and Help for You and Your Challenging Child

A Visionary New Understanding of Happiness and Well-being

This book is about learning to live your life more fully. It doesn't promise you abundant joy, the relationship of your dreams, untold riches or miracle cures. But what it does promise you is a comprehensive programme of personal development, change and growth that is highly effective. This coaching programme has been developed with two audiences in mind. The first is those who wish to coach themselves to success and who are confident about achieving positive results once they know the basic framework. The second audience is those who work as coaches and who are looking for new ideas and frameworks that they can build into their existing practice. Whatever has drawn you to this book - whether it is because you feel you have reached a crossroads in your life, because you have a very specific goal in mind, or because you are a coach looking for some fresh ideas - there is something here for you.

What You Can Change... and What You Can't

How To Be In Charge, Stay Connected, And Instill Your Values, When It Feels Like You've Only Got 15

The Intelligent Optimist's Guide to Life

How to Change Your Mind and Your Life

Coach Yourself with Positive Psychology

A Scandinavian Mom's Secrets for Raising Healthy, Resilient, and Confident Kids (from Frituftsliv to Hygge)

7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles