

# The Optimistic Child

by Martin E. P. Seligman Karen Reivich

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Seligman, the best-selling author of Learned Optimism, and The Optimistic Child: A Proven Program to Safeguard . - Amazon UK 19 Apr 2018 . In The Optimistic Child, Dr. Martin Seligman offers parents, teachers and coaches a well-validated program to prevent depression in children. The optimistic child (eBook, 1995) [WorldCat.org] Despite the increased focus on self-esteem over the past three decades, depression in children has continued to grow, now affecting a quarter of all kids today. The Optimistic Child: A Proven Program to . - Davidson Institute Scopri The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience di Martin E. P. Seligman, Karen Reivich, Parenting Press Optimistic Child.pub - The Parenting Center Their startling findings prove that teaching children to challenge their pessimistic thoughts can immunize them against depression. 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