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In The Optimistic Child, Dr. Martin E. P. 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.

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parents committed to raising a child who has learned to create a positive future.

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The Optimistic Child. 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. To combat this trend, Dr. Seligman began the Penn Depression Prevention Project, the first long term study aimed at 8 to 12 year olds.

The Optimistic Child by Martin E.P. Seligman

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The Optimistic Child: A Proven Program to Safeguard ...

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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