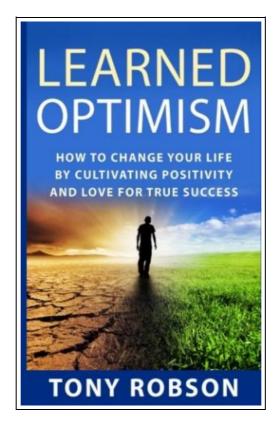
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Take the first step to a happier and more fulfilled you today by downloading Learned Optimism instantly! Today only, get Learned Optimism for just \$8.99. Regularly priced at \$12.99. The benefits of an optimistic outlook are many: Optimists are higher achievers and have better overall health. Pessimism, on the other hand, is much more common; pessimists are more likely to give up in the face of adversity or to suffer from depression. The beauty of optimism vs. pessimism is that both are a choice that we make. We can consciously decide to become more optimistic, if we choose the right behaviours, actions, and habits. Optimism is the key to a better life and a much happier world for you and those around you. Just like pessimism, optimism is contagious. Once you start the upward spiral, there is almost no effort involved; you are on a one-way train to an amazing life! Learned Optimism teaches you exactly how to get to this place of being using scientifically proven techniques and habits. Here Is A Preview Of What You Il Learn. How being an optimist will make your life betterHow to go from a pessimist to an optimistHow being an optimist on the inside makes the world around you a better placeWhy the top businessmen and women use optimism as their secret weaponHow to easily start and end your day with a great mindsetAnd much, much more! Take action today to become the best version of yourself!.



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