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The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience Paperback – September 17, 2007 by Martin E. P. Seligman (Author)

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The Optimistic Child. by. Martin  
E.P. Seligman. 4.01 · Rating  
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reviews. 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  
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**The Optimistic Child by Martin  
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The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience Authors: Martin E. Seligman Publication Date: 1996

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(1996, Trade Paperback)

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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...

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In The Optimistic Child, Dr. Martin E. P. Seligman offers parents, teachers, and coaches a well-

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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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Now Martin E. P. Seligman, the best-selling author of *Learned Optimism*, and his colleagues offer parents and educators a program clinically proven to cut that risk in half. With this startling new research, parents can teach children to apply optimism skills that can curb depression, boost school performance, and improve physical health.

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of the century, Paul Ehrlich  
concocted a drug, 606, that  
worked by poisoning *Treponema  
pallidum*, the spirochete that  
causes syphilis. It was called 606  
because before it Ehrlich

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