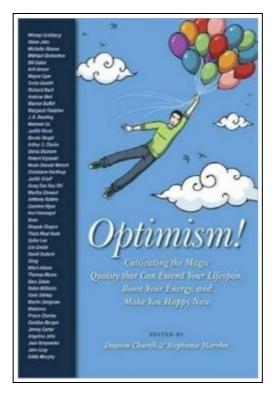
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(Felix Lehner Jr.)

OPTIMISM: CULTIVATING THE MAGIC QUALITY THAT CAN EXTEND YOUR LIFESPAN, BOOST YOUR ENERGY, AND MAKE YOU HAPPY NOW



Elite Books, 2011. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: There are people who can lift the spirits of a packed sports stadium with the radiant optimism of their personalities. What does it take to live your life so full of joy that you jump out of bed each morning, eager to pour the magic of your spirit into the day? The surprising answer, from many optimists, is that this is not an innate characteristic. It is a learned skill. They might tell you that they were born into great difficulty, and faced daunting challenges, but that they kept cultivating good habits, uplifting thoughts, and clear goals, persevering through difficulties to create the life they desired. Psychological research has now demonstrated that optimism is a skill that can be learned, in the same way that working out in a gym enlarges your muscles. Optimists do certain things differently. As well as being happier, scientific research shows that they're much healthier physically, and live an astounding seven to thirteen years longer than pessimists.

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