



The Monday Revolution

Revolutionary Reads Learned Optimism by Martin E P Seligman

What is it about?

Known as the father of the new science of positive psychology, Martin E.P. Seligman draws on more than twenty years of clinical research to demonstrate how optimism enhances the quality of life, and how anyone can learn to practice it. Offering many simple techniques, Dr. Seligman explains how to break an “I give up” habit, develop a more constructive explanatory style for interpreting your behaviour, and experience the benefits of a more positive internal dialogue. These skills can help break up depression, boost your immune system, better develop your potential, and make you happier.

What is in it for me?

Anyone with a genuine interest in improving their own self-messaging and choosing to create a more positive and optimistic outlook will love it.

What can I learn?

- How to attain maximum personal achievement
- How to boost your mood – and your immune system – with healthy thoughts
- How to practice the patterns of thought that encourage optimism
- How to change your internal dialogue and experience extremely positive results

“One of the most important books of the century - an absolute must read for all persons interested in genuinely understanding and helping out fellow human beings.”

Start on Monday

Practice positive psychology!

Join us comrades!
www.themondayrevolution.com