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epidemic of

depression in

America strikes 30%

of all children. Now

Martin E. P. Seligman,

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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

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Resilience Authors:

Martin E. Seligman

Publication Date:

1996

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A proven program to

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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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Martin E. P. Seligman,  
Karen ...

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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

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any setback -- and  
depression.

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Seligman, the best-  
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Learned Optimism,  
and his colleagues  
offer parents and  
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new research, parents  
can teach children to  
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apply optimism skills  
that can curb  
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depression, boost  
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school performance,  
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to cure syphilis in the  
first decade of the  
century, Paul Ehrlich  
concocted a drug,  
606, that worked by

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A Proper Treponema pallidum, the spirochete that causes syphilis. It was called 606 because before it Ehrlich concocted 605 other drugs, none of which worked.

## Resilience

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