



# **Learned Optimism: How to Change Your Life By Cultivating Positivity and Love For True Success (Success, Change Your Mind)**

*Tony Robson*

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# Learned Optimism: How to Change Your Life By Cultivating Positivity and Love For True Success (Success, Change Your Mind)

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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 behaviors, 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. Take the first step and download Learned Optimism today!

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- How being an optimist on the inside makes the world around you a better place
- Why the top businessmen and women use optimism as their secret weapon
- How to easily start and end your day with a great mindset
- And much, much more!

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