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### The Optimistic Child | The EQ Store - Six Seconds

The Optimistic Child. 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 8 to 12 year olds.

### The Optimistic Child by Martin E.P. Seligman

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The Optimistic Child: A Proven Program to Safeguard Children from Depression and Build Lifelong Resilience. Martin Seligman. Marty Seligman "invented" the sub-field of Positive Psychology, which looks to build strengths, resilience and thriving in people -- rather than only attempting to ameliorate mental problems.

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