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This book, The Optimistic Child, details his long-term research Seligman has a belief that someday, similar to how we have studied diseases and found immunisations for them, that we can work towards finding immunisations against depression using psychology, and that we can start fighting off not just physical illnesses but also mental illnesses from a young age.

The Optimistic Child by Martin E.P. Seligman

The Optimistic Child By teaching children skills of optimism, it is possible to “immunize” or safeguard them against episodes of depression. This concept is at the core of The Optimistic Child.

The Optimistic Child Book Review - GoStrengths!

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A proven program to safeguard children against depression and build lifelong resilience. In The Optimistic Child, Dr. Martin Seligman offers parents, teachers, and coaches a well-validated

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The epidemic of depression in America strikes 30 percent of all children. Now, the bestselling author of Learned Optimism and his colleagues offer parents and educators a clinically proven program which provides children with the skills they need to approach the teenage years and adulthood with confidence.

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