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The Optimistic Child.
Despite the increased
focus on self-esteem
over the past three

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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 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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