

a few notes

Topic: Learned Optimism



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

In today's employee check-in, we take a look at the book *Learned Optimism* by Martin Seligman. *Learned Optimism* digs into why optimists are healthier, happier, and more successful people than pessimists, how both are learned attitudes and what you can do to become an optimist yourself. Stop blaming yourself for things that are out of your control.

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