

THE POWER OF POSITIVITY

THE POWER OF OPTIMISM



BLUE OWL
BOOKS

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CHAPTER 1

WHAT IS OPTIMISM?

Charley works hard on her school project. She has a lot of work to do. But Charley believes she will finish on time and get a good grade. This makes her feel happy while she works on the project.



Charley is optimistic. Optimism is the hope that things will go your way. It is also about seeing the good in things. Optimism is a mindset, or a way of thinking.



CHAPTER 2

BENEFITS OF OPTIMISM

Being optimistic has many **benefits** for your mind. It can lessen **anxiety** and **depression**. Optimistic people are happier. They are more **resilient**. Ava fell on her bike. But she got back up and kept riding!

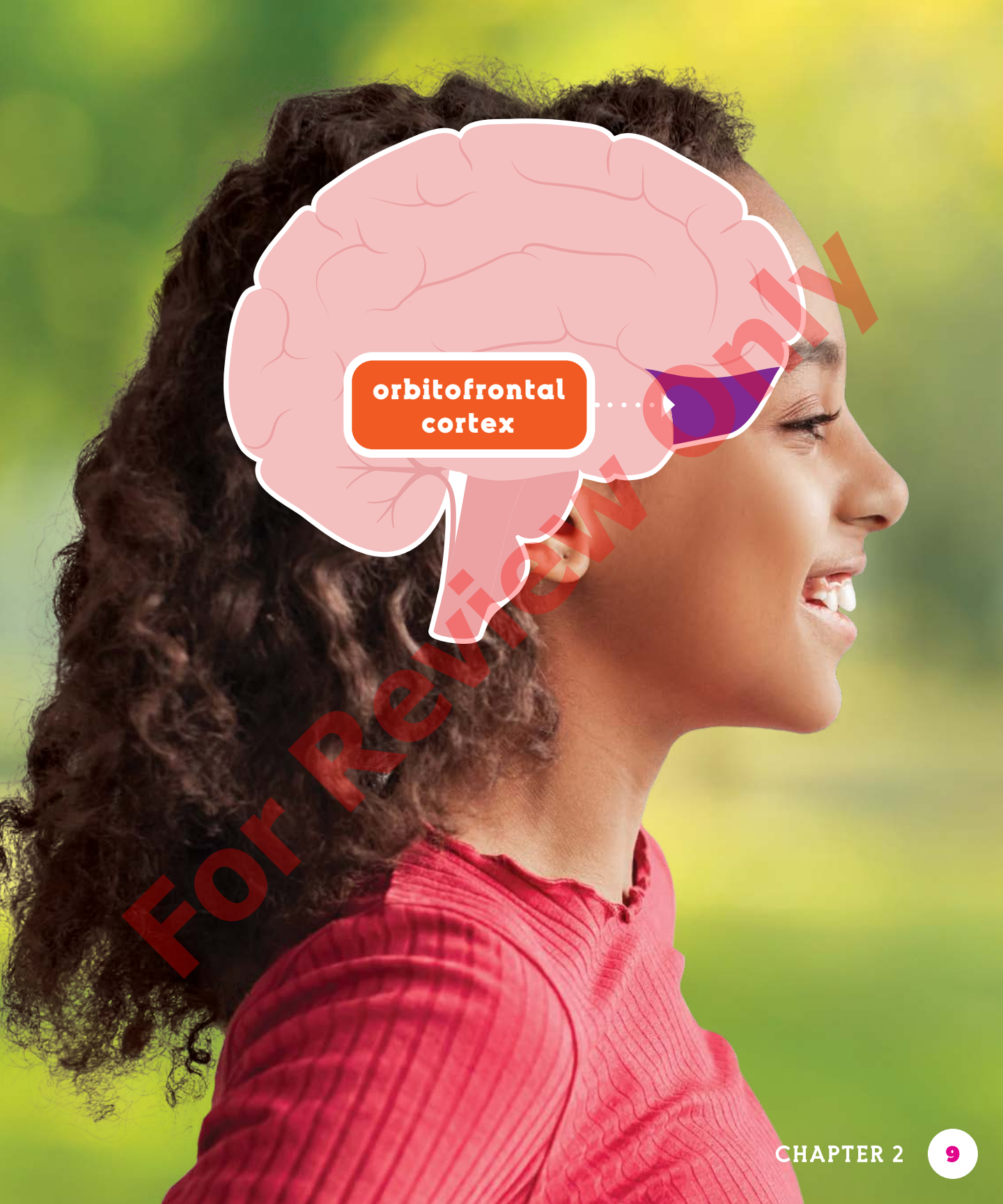




Shane's family is moving to a new town. Shane is hopeful he will like his new school and make new friends. His optimism helps him feel less anxious about the move.

Optimism starts in the brain. Scientists found that optimistic people have a larger orbitofrontal cortex. This part of the brain helps you make decisions. It also helps you feel **rewarded**.

For Review Only



orbitofrontal
cortex