

# Martin Seligman

## Quotes

*People, Believe, Psychology, Optimism, Thinking, Mean, Skills, Flow, Good Life,  
Children, Happiness, Opposites, Optimistic, Exercise, Self Esteem, Causes,  
Meaningful, Doe, Practice, Depression*

Life inflicts the same setbacks and tragedies on the optimist as on the pessimist, but the optimist weathers them better.

~Martin Seligman

The good life is using your signature strengths every day to produce authentic happiness and abundant gratification.

~Martin Seligman

The aim of Positive Psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life.

~Martin Seligman

Doing a kindness produces the single most reliable momentary increase in well-being of any exercise we have tested.

~Martin Seligman

Habits of thinking need not be forever. One of the most significant findings in psychology in the last twenty years is that individuals choose the way they think.

~Martin Seligman

Changing the destructive things you say to yourself when you experience the setbacks that life deals all of us is the central skill of optimism.

~Martin Seligman

Psychology should be just as concerned with building strength as with repairing damage

~Martin Seligman

When we take time to notice the things that go right - it means we're getting a lot of little rewards throughout the day.

~Martin Seligman

When well-being comes from engaging our strengths and virtues, our lives are imbued with authenticity.

~Martin Seligman

Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishment.

~Martin Seligman

In a society in which individualism is becoming rampant, people more and more believe that they are the center of the world. Such a belief system makes individual failure almost inconsolable.

~Martin Seligman

Just as the good life is something beyond the pleasant life, the meaningful life is beyond the good life.

~Martin Seligman

Optimism is a tool with a certain clear set of benefits: it fights depression, it promotes achievement and produces better health.

~Martin Seligman

Success requires persistence, the ability to not give up in the face of failure. I believe that optimistic explanatory style is the key to persistence.

~Martin Seligman

You go into flow when your highest strengths are deployed to meet the highest challenges that come your way.

~Martin Seligman

I'm trying to broaden the scope of positive psychology well beyond the smiley face. Happiness is just one-fifth of what human beings choose to do.

~Martin Seligman

People who believe they cause good things tend to like themselves better than people who believe good things come from other people or circumstances.

~Martin Seligman

Curing the negatives does not produce the positives.

~Martin Seligman

The clearer the rules and the limits enforced by parents, the higher the child's self-esteem. The more freedom the child had, the lower his self-esteem.

~Martin Seligman

Reaching beyond where you are is really important.

~Martin Seligman

Optimism generates hope...hope releases dreams...dreams set goals...enthusiasm follows

~Martin Seligman

In your own life, you should take particular care with endings, for their color will forever tinge your memory of the entire relationship and your willingness to reenter it.

~Martin Seligman

Optimism is invaluable for the meaningful life. With a firm belief in a positive future, you can throw yourself into the service of that which is larger than you are.

~Martin Seligman

We're not prisoners of the past.

~Martin Seligman

There is one aspect of happiness that's been well studied, and it's the notion of flow. Ask yourselves, when for you does time stop? When are you truly at home, wanting to be no place else?

~Martin Seligman

To be a virtuous person is to display, by acts of will, all or at least most of the six ubiquitous virtues: wisdom, courage, humanity, justice, temperance, and transcendence.

~Martin Seligman

Self-esteem cannot be directly injected. It needs to result from doing well, from being warranted.

~Martin Seligman

Positive thinking is the notion that if you think good thoughts, things will work out well. Optimism is the feeling of thinking things will be well and be hopeful.

~Martin Seligman

Once a depressed person becomes active and hopeful, self-esteem always improves. Bolstering self-esteem without changing hopelessness, without changing passivity, accomplishes nothing.

~Martin Seligman

Whether or not we have hope depends on two dimensions of our explanatory style; pervasiveness and permanence.

~Martin Seligman

Not only do happy people endure pain better and take more health and safety precautions when threatened, but positive emotions undo negative emotions.

~Martin Seligman

What are the enabling conditions that make human beings flourish?

How do we get from zero to plus five?

~Martin Seligman

The optimistic style of explaining good events is the opposite of that used for bad events: It's internal rather than external.

~Martin Seligman

The Fundamentalist Religions simply seem to offer more hope for a brighter future than do the more liberal, humanistic ones.

~Martin Seligman

By activating an expansive, tolerant, and creative mindset, positive feelings maximize the social, intellectual, and physical benefits that will accrue.

~Martin Seligman

Money, amazingly, is losing its power... Our economy is rapidly changing from a money economy to a satisfaction economy.

~Martin Seligman

Flow occurs in your life when your highest skills are matched to challenges that quite exactly meet them.

~Martin Seligman

What determines how much time and deliberate practice a child is willing to devote to achievement? Nothing less than her character.

~Martin Seligman

Finding temporary and specific causes for misfortune is the art of hope: Temporary causes limit helplessness in time, and specific causes limit helplessness to the original situation.

~Martin Seligman

On the other hand, permanent causes produce helplessness far into

the future, and universal causes spread helplessness through all your endeavors.

~Martin Seligman

Finding permanent and universal causes for misfortune is the practice of despair.

~Martin Seligman

The pleasant life: a life that successfully pursues the positive emotions about the present, past, and future.

~Martin Seligman

The drive to resist compulsion is more important in wild animals than sex, food, or water... The drive for competence or to resist compulsion is a drive to avoid helplessness.

~Martin Seligman

Pleasure is the least consequential... engagement and meaning are much more important.

~Martin Seligman

Positive, optimistic sales people sell more than pessimistic sales people.

~Martin Seligman

If we just wanted positive emotions, our species would have died out a long time ago.

~Martin Seligman

I believe that traditional wisdom is incomplete.

~Martin Seligman

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