



Rethinking Positive Thinking: Inside the New Science of Motivation (Paperback)

By Gabriele Oettingen

Penguin Putnam Inc, United States, 2015. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The solution isn't to do away with dreaming and positive thinking. Rather, it's making the most of our fantasies by brushing them up against the very thing most of us are taught to ignore or diminish: the obstacles that stand in our way. So often in our day-to-day lives we're inundated with advice to think positively. From pop music to political speeches to commercials, the general message is the same: look on the bright side, be optimistic in the face of adversity, and focus on your dreams. And whether we're trying to motivate ourselves to lose weight, snag a promotion at work, or run a marathon, we're told time and time again that focusing on fulfilling our wishes will make them come true. Gabriele Oettingen draws on more than twenty years of research in the science of human motivation to reveal why the conventional wisdom falls short. The obstacles that we think prevent us from realizing our deepest wishes can actually lead to their fulfillment. Starry-eyed dreaming isn't all it's cracked up to be, and as it...



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