

'Learnt Optimism' by Martin E.P. Seligman

1991, Vintage books edition - 2006

This book was a real eye opener for me. Seligman's research into high performers and the link with a consistent display of the characteristics of optimism is very convincing. However, the book also gives guidance on developing a positive psychology and learning the skills to amplify positive emotion.

To access a good coach in this area, I can highly recommend Rob Kemp and Emma Shute of Purple Patch Coaching & Training. Find them on LinkedIn or via their website:

www.purplepatchinfo.co.uk

