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The Positive Power of Negative Thinking

JULIE K. NOREM, Ph.D.

**"Refreshingly
contrarian."
—*The Futurist***

Using
**DEFENSIVE
PESSIMISM**
to Harness
Anxiety and
Perform at
Your Peak

The Positive Power Of Negative Thinking

Julie Norem

How frequently are we prompt to "look at the shiny side"? From Norman Vincent Peale to the ever present smiley face, optimism has turned into an important part of American society. During this long-overdue book, psychologist Julie Norem deals with convincing proof that, for plenty of people, optimistic considering is an useless strategy--and usually an obstacle--for effectively dealing with the anxieties and pressures of recent life. Drawing on her personal experience and plenty of shiny case histories, Norem presents facts of the robust advantages of "defensive pessimism," which has helped hundreds of thousands to regulate nervousness and practice their most sensible work.

Within the confident strength of defensive Thinking, writer Julie Norem compares protective pessimism---a technique for handling current nervousness through selecting and addressing attainable adverse results prior to project an endeavor---with its counterpart, strategic optimism---a method utilized by individuals with low baseline degrees of tension to chill earlier than an immense occasion and steer clear of triggering The Positive Power Of Negative Thinking fearful feelings. Either strategies, Norem contends, can optimize functionality for various personalities in numerous situations. Every one procedure has its personal dangers and benefits, and the key is realizing that is the best healthy for every people in any specific circumstance. I've had this booklet on my to-read checklist for greater than 4 years, due to the fact that I learn David Rakoff's part Empty, which references Norem's research. Examining approximately protective pessimism, I may simply determine occasions within which I instinctively and effectively use this strategy, like whilst getting ready for a street journey or placing jointly homeschool curricula for my kids. I'll additionally establish occasions during which I as a substitute interact in avoidance and self-handicapping instead of danger feeling the entire strength of my anxiety, like when it comes to the incomplete novel I have been puzzling over day-by-day yet now not writing on in view that 2010. Thinking of shielding pessimism, avoidance, and self-handicapping as diversified responses to nervousness has triggered a welcome shift in my thinking. I spent a night this week directory in my magazine the entire negatives approximately engaged on my novel, after which wrote out power ways in which I'll deal with the nervousness round those in order that I will be able to really The Positive Power Of Negative Thinking write down the scenes that play out in my mind. So far, I have now not truly sat all the way down to write at the novel, yet I ponder this a favorable circulate in that direction. On the very least, while I time table a morning writing consultation after which forget The Positive Power Of Negative Thinking about my alarm after which shouldn't have sufficient time to jot down sooner than the youngsters and that I have to start our lessons, I will be able to determine this as avoidance. (Putting a reputation on it has to have a few value, right?) Despite its capability helpfulness in making development on my own goals, there are issues that preserve me from loving this book. First, it is too lengthy for the volume of data it includes. This is not as severe as in different self-helpy books I have read, yet I believe I'll have got the elemental thought in approximately part the variety of words. Second, it mentioned such a lot of tangential matters that I occasionally could not work out how they slot in with the shielding pessimism/strategic optimism duality Norem presents. As valuable because it used to be to

examine avoidance and self-handicapping as how one can stay away from feeling their current anxiety, it wasn't transparent how they fit. Are there corresponding adverse methods of averting anxiousness that temperamentally non-anxious humans use if they don't seem to be utilizing strategic optimism? Or do the negatives for them are available in while their strategic optimism assistance into the non-strategic version? i feel the e-book may were enhanced had Norem maintained a tighter concentration and left a number of the different stuff out, yet I did The Positive Power Of Negative Thinking take pleasure in it, and i am comfortable that The Positive Power Of Negative Thinking I picked it up finally.

The Positive Power Of Negative Thinking

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