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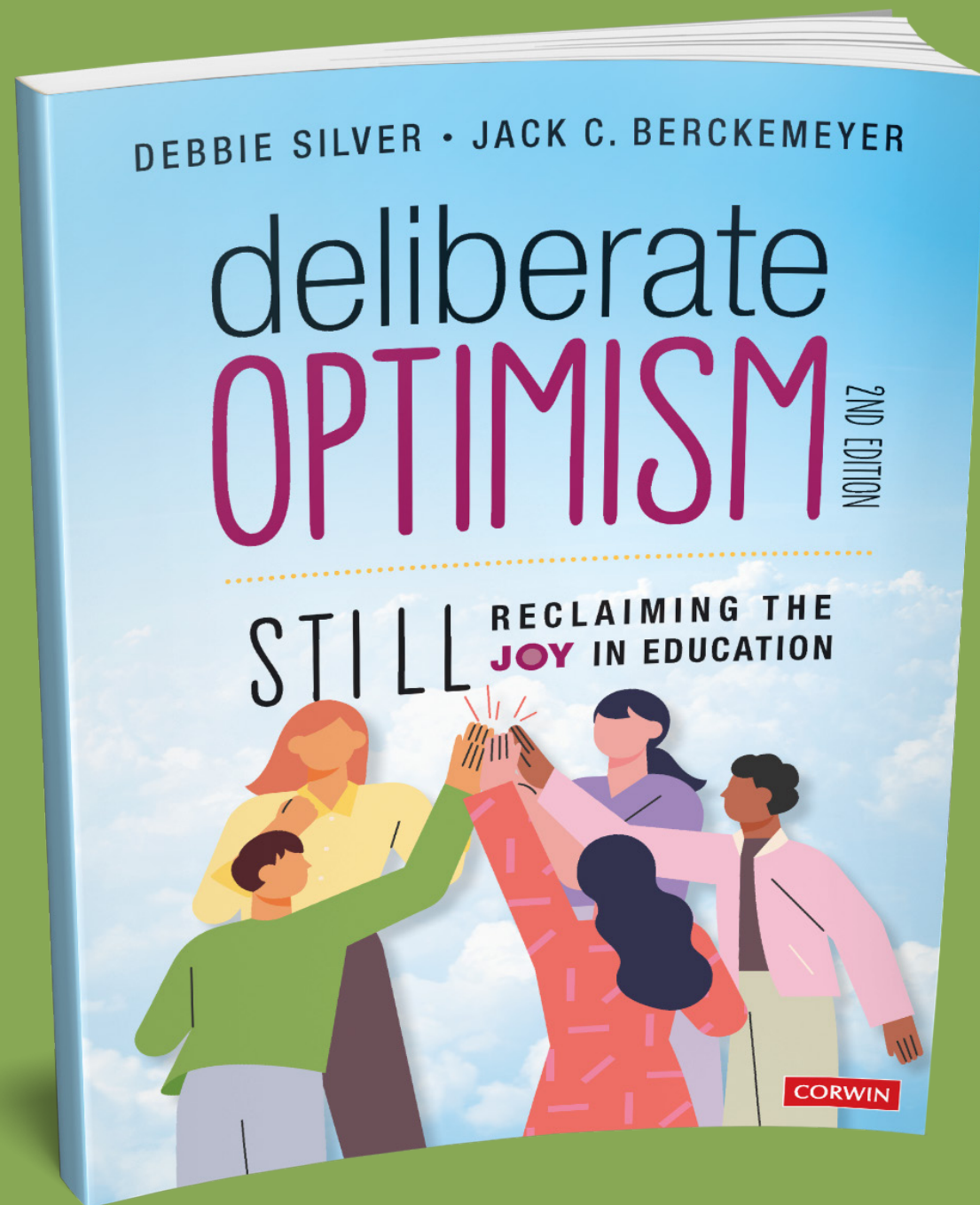
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Toxic positivity is used to mask deeper, challenging feelings with artificial happiness...positive thinking is about taking a proactive approach to our lives...it does not necessarily mean avoiding or ignoring the bad aspects of life. Instead, it involves making the most of the potentially bad situations, trying to see the best in other people, and viewing ourselves and our abilities in a positive light.

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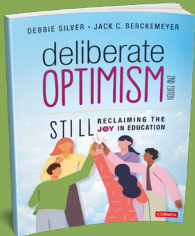
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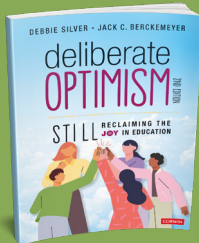


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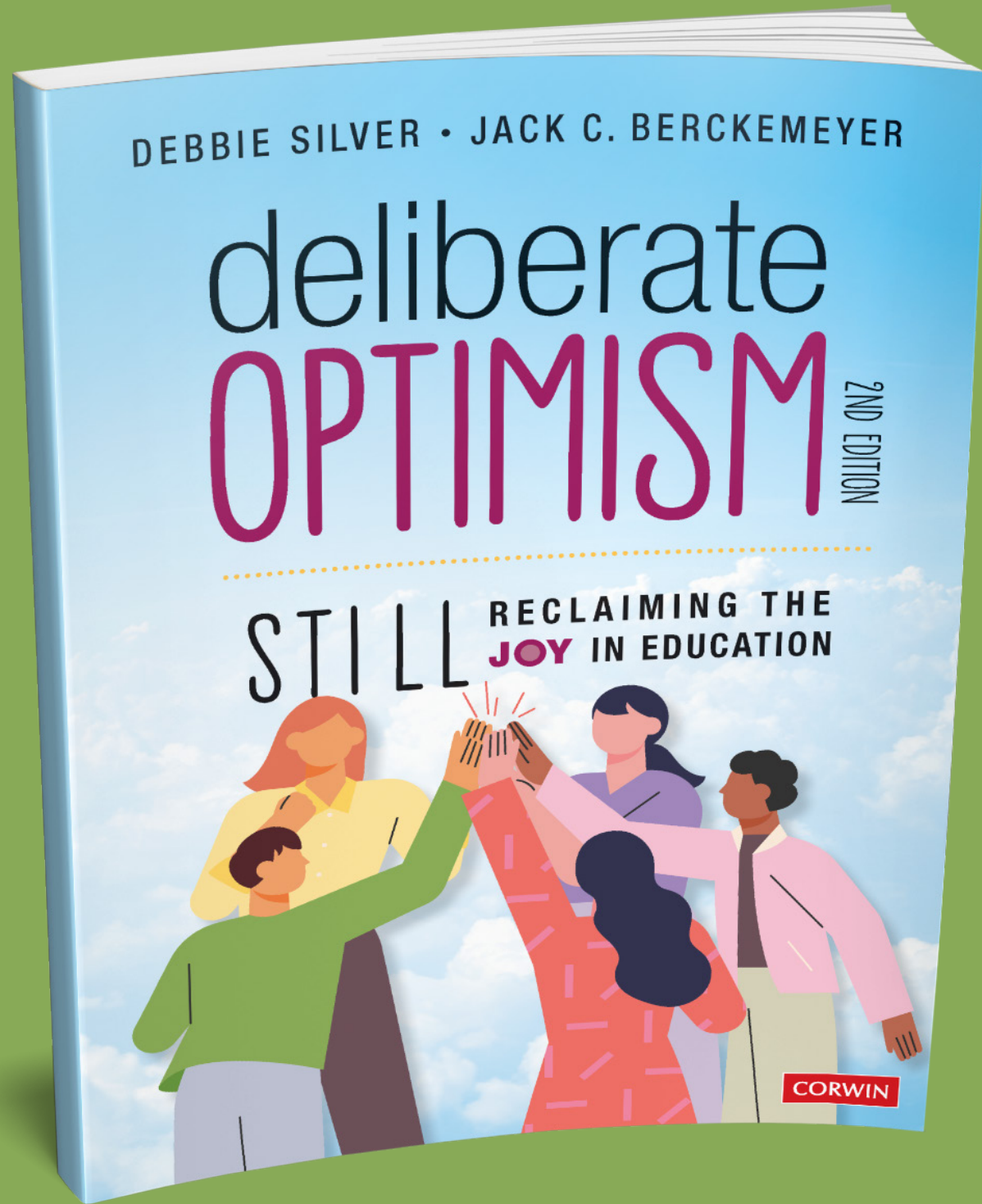


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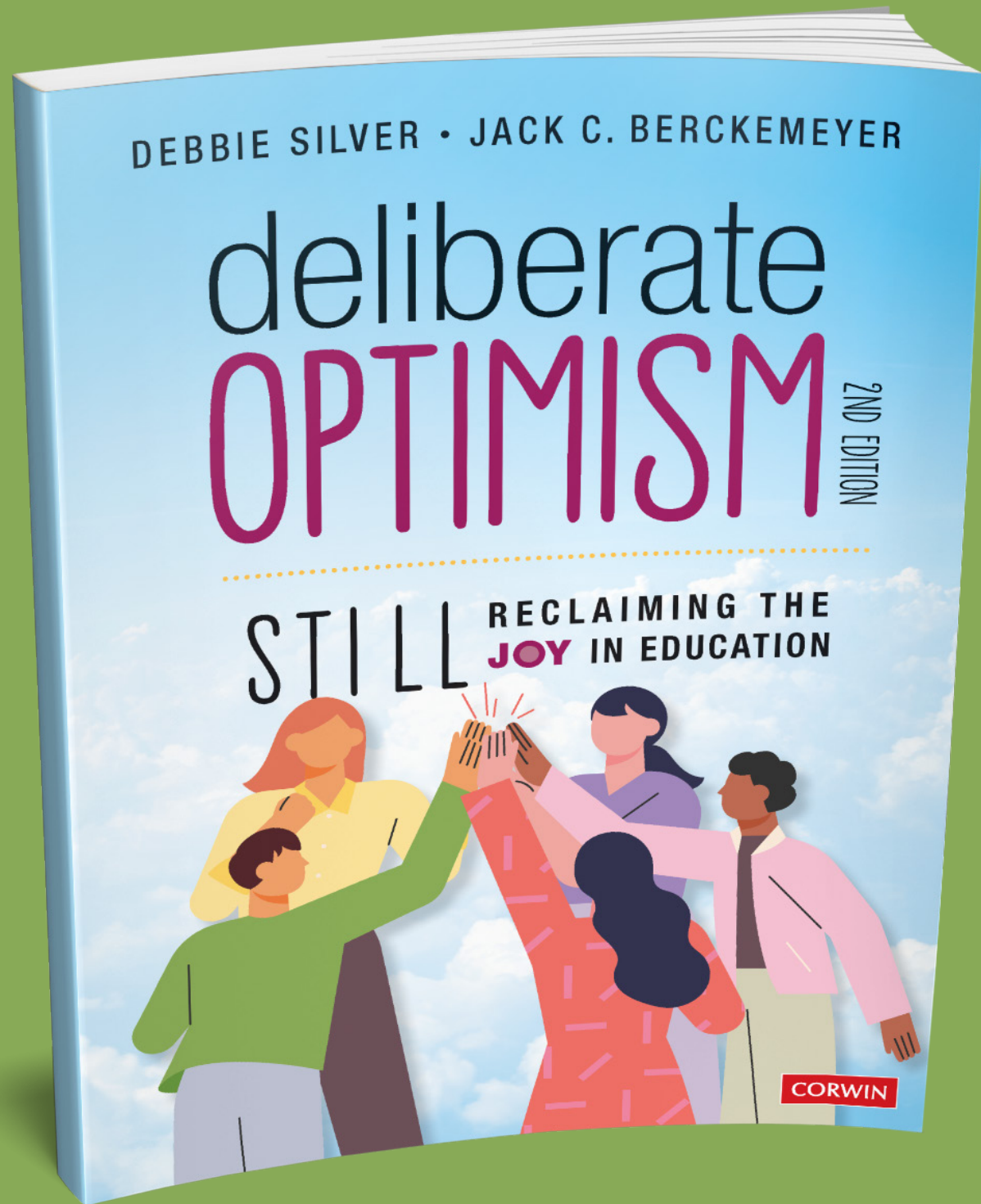
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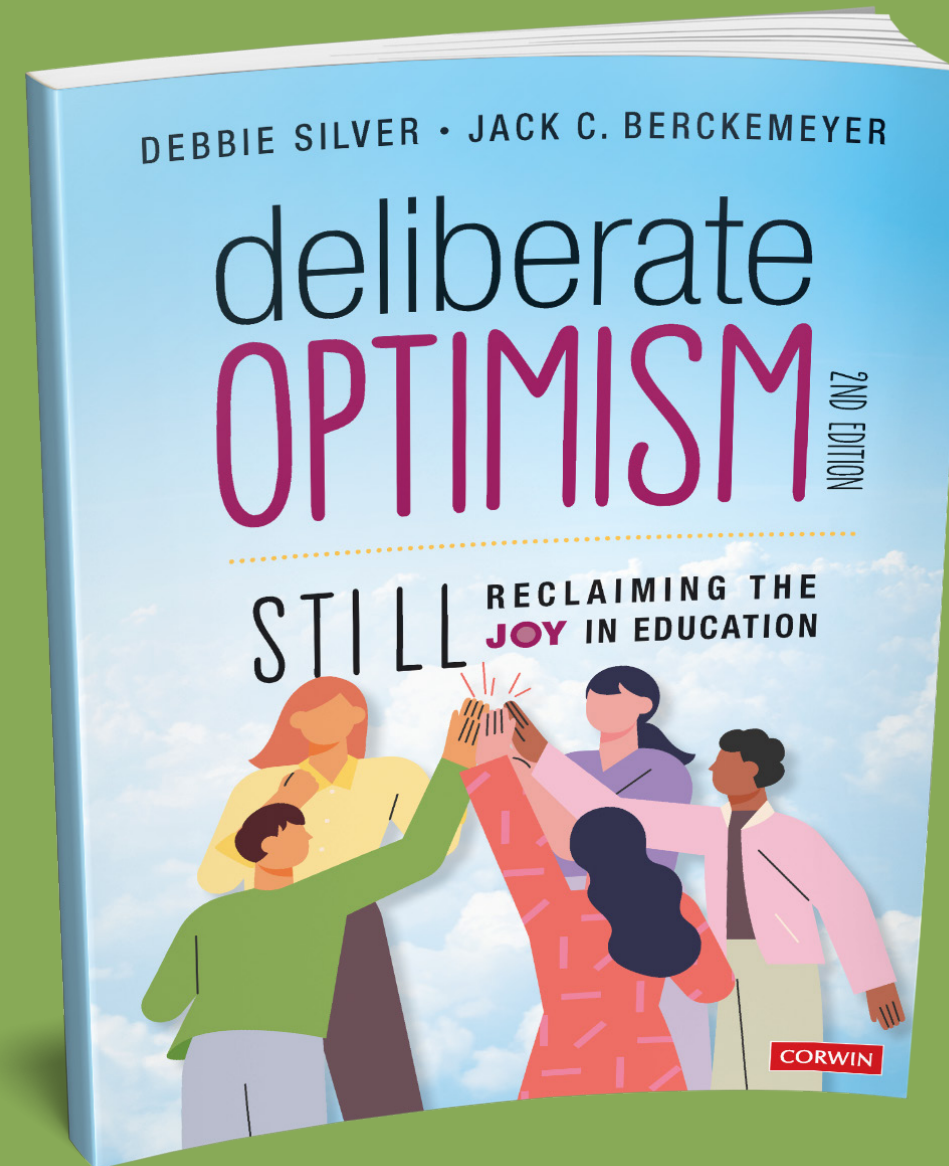
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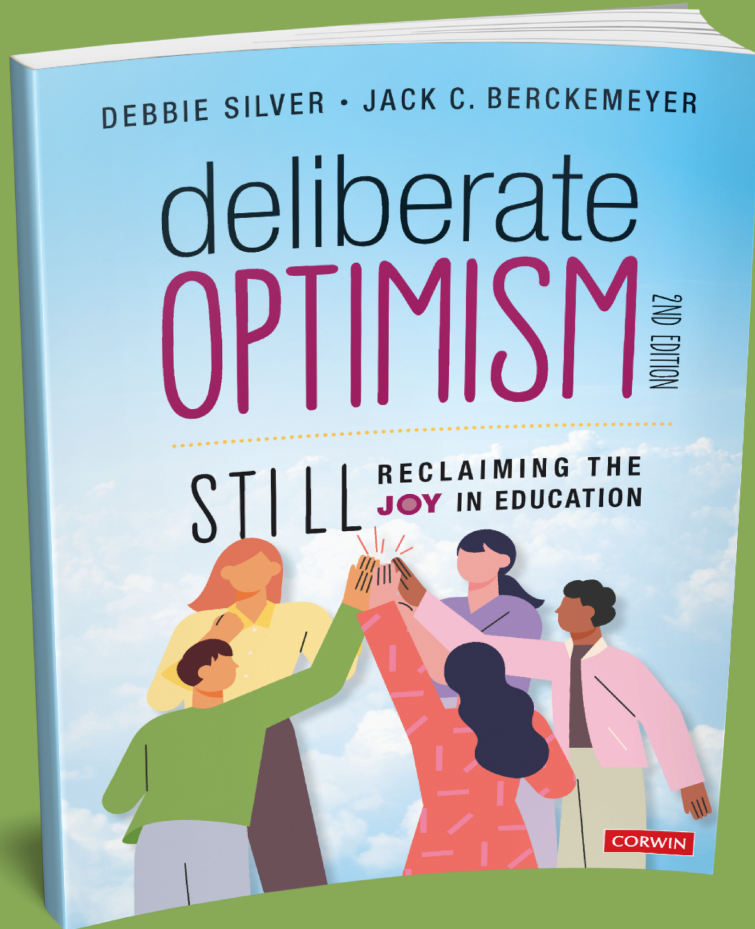




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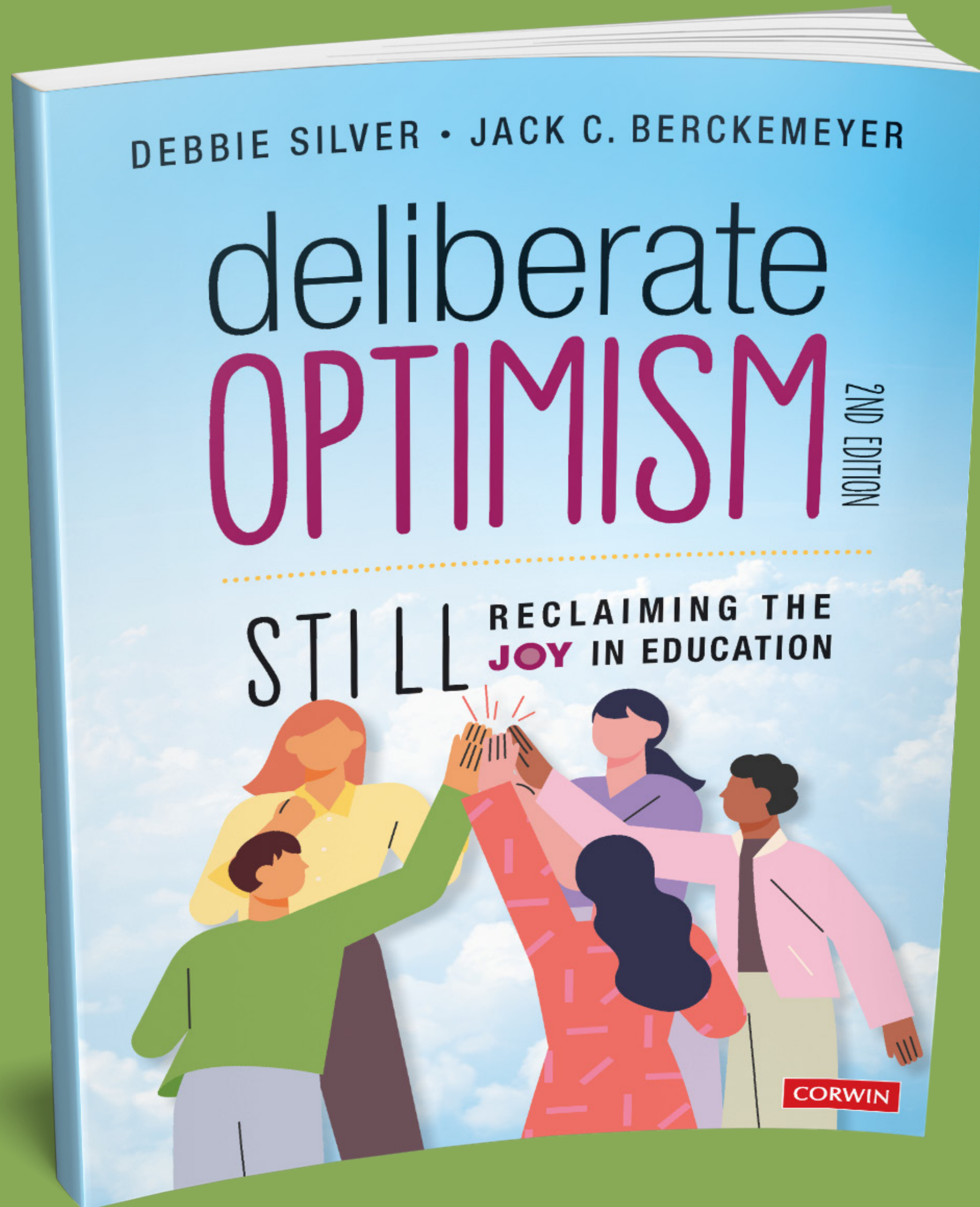
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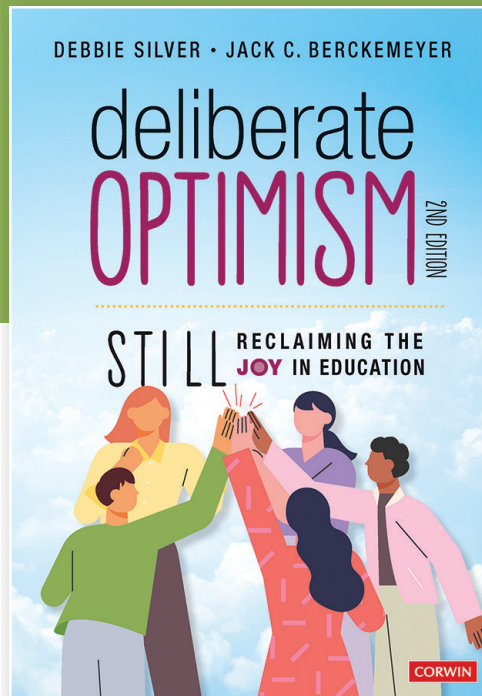
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Even more ways for educators to flourish

A lot has changed in schools since *Deliberate Optimism* was first published, but one thing hasn't: Attitude can make all the difference. When educators choose optimism—even in the face of the toughest challenges—they foster a school culture where students and staff feel safe, engaged, and productive, able to enjoy the healthy interactions that lead to real change. Updated to address major changes in education since 2015, the second edition of this much-loved book features new doses of the same cathartic humor, plus

- Revised, more succinct Principles of Optimism
- Expanded focus on leadership
- Updated strategies and thought-provoking scenarios
Interactive "Action Step" exercises
- A new chapter on mental health QR codes leading to additional resources such as self-assessments and videos

Optimism is the salve for overworked leaders and teachers, and this book delivers on outlining its indisputable benefits. Brimming with wit and honesty, the updated *Deliberate Optimism* demonstrates how changing your mindset can help you rediscover your motivation—and create a school environment bound for success.



\$32.95, ISBN: 9781071889053

FIVE STAR REVIEWS



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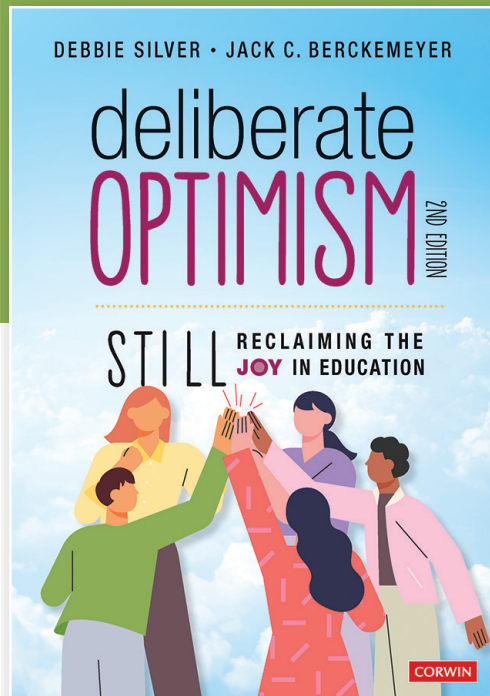
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