

10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

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Mark Steyvers



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when it's not In this fresh science backed debut professional psychologist and media expert Dr Deepika Chopra shows us how
to build the kind of optimism that can actually withstand real life We've been sold the idea that optimism is a mood a mindset
or worse just an inherent trait But what if real optimism is something else entirely In *The Power of Real Optimism* Dr Deepika
Chopra known as The Optimism Doctor offers a radically different definition optimism as a science a skill and a psychological
muscle we can strengthen Drawing from over a decade immersed in the science of resilience emotional well being and
cognitive psychology as well as her work with clients innovative workshops and hallmark practices think evidence based
visualization narrative reframing her signature self worth work and even color therapy Dr Chopra offers a toolkit for
navigating the chaos uncertainty and nuance of being human without losing yourself to it Grounded practical and poetic in all
the right ways this book will challenge your relationship with hope rewire how you recover from hard things and invite you to
stay soft without falling apart With her blend of intimate storytelling psychological insight and tangible tools including a 33
day Real Optimism Challenge Dr Chopra offers something far more enduring than a quick fix or fleeting affirmation She
invites us into a deeper more resilient way of living one where we can stay curious in the face of fear open in the face of grief
and grounded even as the world wobbles beneath us Because real optimism doesn't deny the dark it teaches us how to see in
it **1001 Best Health Tips** Anne Alexander, 2001 **How to Test and Improve Your Own Mental Health** George D.
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