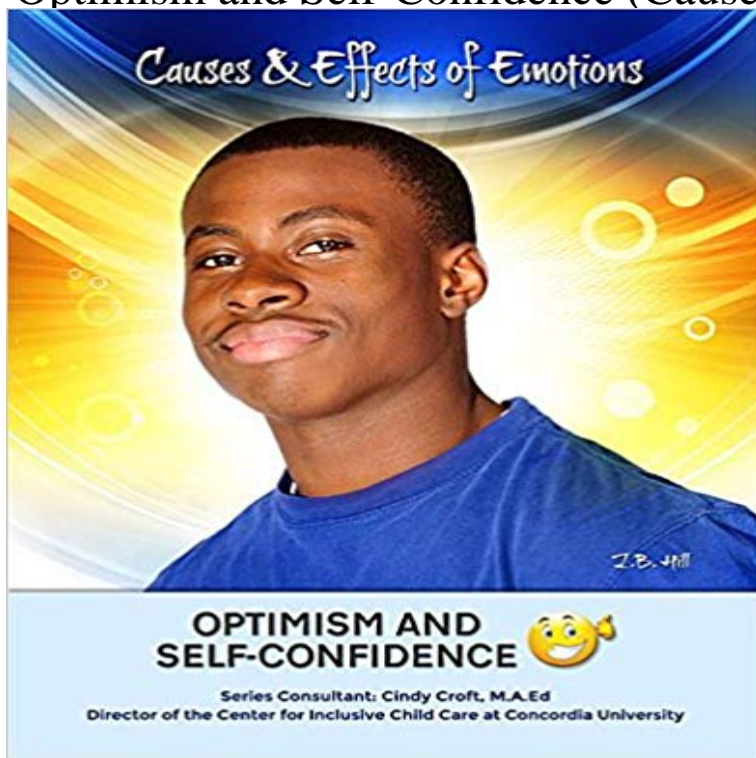


## Optimism and Self-Confidence (Causes & Effects of Emotions)



Discover the path to self-confidence and optimism. Optimists are people who believe that the world is basically a good place where good things happen more often than not. When things go wrong, optimists believe that everything will work out all right in the end. They're full of hope. Optimists also are more likely to have self-confidence. They believe in themselves. People who are optimistic and self-confident feel happier in general. They're less likely to be depressed. It may seem like they're lucky. But emotions like optimism and self-confidence aren't merely good luck. Researchers have found that there are things you can do to make yourself more optimistic and self-confident. Find out what they are inside this book!

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