

How to Make Optimism Work for You

July 12, 2012

The New York Times:

My recent column on optimism drew hundreds of comments from readers who testified to the value of living life as a glass half full. But one in particular — from a 90-year-old man living in Calabasas, Calif. — was especially telling. The reader, William Richmond, wrote that a phrase in the column, “Fake it until you make it,” summed up his long and very successful life.

His approach to life could serve as a battle plan for the millions of recent college graduates now searching for work in an unforgiving job market, as well as for older adults trying to re-enter the workplace after a long hiatus and those who lost jobs and must now reinvent themselves.

...

Committing to Action

Elaine Fox, a psychologist at the University of Essex in England and author of an informative new book on the science of optimism, “Rainy Brain, Sunny Brain,” says positive thinking is not the main thing about optimism.

“What really makes the difference is action,” she told me. “If you sit back passively, you won’t get the job you want.”

Read the whole story: [The New York Times](#)