



# Optimismo

**Instituto Popular de Conferencias,  
Buenos Aires**



## **Optimismo:**

Póngale optimismo a la vida Hernando Duque Yopez, En la actualidad el mercado está lleno de libros de superación Sin embargo la mayoría proporciona fórmulas o leyes mágicas que han de llevar el éxito a quienes los leen Alcanzar el optimismo no es tarea fácil en una sociedad como la de hoy mucho menos alcanzar el éxito sin más **Aprenda optimismo** Martin E.P. Seligman, 2014-09-18 Aprende a superar tu pesimismo y transforma definitivamente tus pensamientos negativos Es usted optimista o pesimista Como se siente si un amigo le dice que hiere sus sentimientos Con qué frecuencia se embarca en nuevos e interesantes proyectos o celebra sus éxitos El psicólogo Martin E P Seligman uno de los expertos mundiales en la llamada psicología positiva le enseña ahora a explorar una nueva visión de la vida con un optimismo flexible En esta guía basada en veinte años de investigación clínica el doctor Seligman presenta técnicas sencillas de aplicar que ya han ayudado a miles de personas a superar su pesimismo y la tristeza que acompaña a los pensamientos negativos Aprenda optimismo contiene asimismo tests que le revelarán cuáles son sus niveles de optimismo y pesimismo en la actualidad así como técnicas garantizadas para transformar definitivamente los pensamientos negativos y desembarazarse del sentimiento de derrota

**La psicología del optimismo** Susan C. Vaughan, 2004 Qui nos hace ver el vaso medio vacío o medio lleno Como mantiene su entusiasmo el optimista Qui cambios deben experimentar los pesimistas para ver el mundo de forma distinta En este insólito libro la psicoanalista psiquiatra e investigadora Susan C Vaughan nos ofrece nuevas y tiles formas de entender el optimismo Según ella a menudo sobrevaloramos la realidad y sin embargo olvidamos las ilusiones que son la base del optimismo El optimismo emana de nuestra habilidad para interpretar y recordar nuestras experiencias con un matiz positivo Si podemos hacer eso de manera regular y confiamos en nuestra capacidad para controlar nuestros estados de ánimo todas las ventajas que emanan de una visión optimista de la vida están a nuestro alcance A través de un examen de los orígenes del optimismo y de la utilización de la biología para interpretar nuestras experiencias Vaughan nos aporta una serie de recursos y técnicas de comprobada eficacia para inducir a nuestros circuitos mentales a ver el lado positivo de las cosas La doctora Vaughan demuestra que al aprender las técnicas necesarias para construir y mantener las ilusiones estructuramos también un núcleo de fuerza estable interno y psicológico una auténtica isla interior de esperanza y autocontrol que nos conduce a una vida mejor El optimismo es un proceso no un estado y está al alcance de cualquiera he aquí la revelación fundamental de este fascinante libro que nos enseña a dominar mejor nuestro universo interior y por consiguiente a ver el mundo que nos rodea con más optimismo *Estudios biológicos: La herencia, hipótesis acerca del sueño, optimismo científico* Zacarías Martínez-Núñez, 1907 Eterno optimista bursátil Carlos Ponce, 2025-05-09 Carlos B Ponce nos trae un nuevo título a su gran colección enfocado en inversiones pero es más que eso es una enseñanza sobre ser y mantenerse optimistas un elemento fundamental para el éxito en los mercados bursátiles y en la vida A través de un enfoque accesible y motivador el autor desmonta mitos financieros y demuestra que más allá de las estrategias técnicas la confianza y una visión positiva son claves

para construir patrimonio Con ejemplos hist ricos datos contundentes y reflexiones personales Ponce revela por qu la Bolsa pese a sus ciclos es la mayor creadora de riqueza y c mo adoptar una mentalidad resiliente puede marcar la diferencia entre el miedo paralizante y las oportunidades de crecimiento La obra de Carlos Ponce trasciende lo financiero ya que combina an lisis econ mico riguroso con an cdotas cercanas como cuando fue bautizado como eterno optimista y advierte sobre el mayor riesgo no actuar a pesar del conocimiento Ideal para quienes buscan entender los mercados con claridad o reinventar su perspectiva este libro es una gu a para convertir la incertidumbre en ventaja y dormir tranquilo como el autor sabiendo que el futuro con las decisiones correctas siempre ser prometedor *Innovación docente e investigación en educación y ciencias sociales: desafíos de la enseñanza y aprendizaje en la educación superior* María del Mar Simón Márquez, Silvia Fernández Gea, María del Mar Molero Jurado, José Jesús Gázquez Linares, Pablo Molina Moreno, 2024-12-23 **La Otra Cara de la Tragedia** , Todos los seres humanos tenemos la posibilidad de recuperarnos de manera efectiva frente a las adversidades y de sacar provecho de las mismas En La otra cara de la tragedia un libro basado en la ciencia y en la solidaridad de las personas Paulo Daniel Acero muestra a los lectores c mo frente a grandes dificultades y experiencias traum ticas siempre existe la posibilidad de recuperaci n de sobrevivir psicol gicamente y de crecer como seres humanos El autor psic logo experto en trauma y resiliencia concibe un interesante libro de psicolog a positiva desde una perspectiva optimista que promueve el desarrollo humano basado en la ciencia y en las potencialidades de los individuos y de los grupos De gran utilidad tanto para psic logos especialistas y acompa antes de procesos de duelo como para aquellas personas que buscan superar la adversidad y experimentar a partir de la misma el crecimiento humano **La palabra** ,1913 **El valor de educar** Fernando Savater, 2008 Cada vez que se mencionan las grandes inquietudes de nuestro tiempo el racismo la intolerancia la violencia el abuso de drogas etc se llega a la misma conclusi n son temas que deben afrontarse desde la escuela Pero tambi n sabemos que en casi todos los pa ses se habla de crisis de la educaci n y reina el desconcierto entre los profesores los padres y los propios alumnos Parece oportuno pues plantearnos algunas cuestiones esenciales qu es la educaci n qu esperamos de ella consiste en la mera transmisi n de conocimientos o debe formar para la ciudadan a democr tica Este ensayo responde a estas preguntas y aborda otras cuestiones fundamentales la tensi n educativa entre disciplina y libertad el eclipse de las humanidades los l mites de la neutralidad escolar el papel de la familia la formaci n moral y su relaci n con el sexo las drogas o la violencia etc Completa la obra una breve antolog a de textos de fil sofos y escritores sobre el tema educativo y un texto hasta ahora in dito sobre la educaci n c vica *Algo sobre el Perú* Carlos Rey de Castro, 1915 [Iberia](#) ,1916 **Ingenio y pasi3n** Silvia Leal Mart3n, Jorge Urrea Filgueira, 2013 En un mundo en el que el xito es cada vez m s fugaz las organizaciones y las personas que aspiran a triunfar necesitan incorporar la innovaci n como parte de su estilo de vida Sin embargo c mo se puede fomentar el comportamiento innovador Ingenio y pasi n proporciona una eficaz metodolog a y una herramienta indispensable para que emprendedores directivos y responsables de equipos que necesiten inventar y

reinventarse encuentren el impulso transformador en su propia fuerza motriz Para ello aporta herramientas de diagnóstico directrices de aplicación y lecciones aprendidas por cientos de empresas y profesionales que han triunfado o fracasado en el intento Gracias a ellas muestra cómo gestionar con eficacia tres dimensiones esenciales personas organización y motivación contemplando en todo momento las diferencias de género Esta eficaz metodología de la que se han hecho eco publicaciones internacionales como Forbes permite abordar la innovación de una manera rigurosa y práctica logrando que empresas y profesionales crezcan a pesar de las turbulencias construyendo las condiciones que garanticen más allá de la supervivencia una buena dosis de éxito

*Colección póstuma: Los optimistas. Lecturas y opiniones, crítica de arte* Jesús Castellanos, 1914  
*La Nota*, 1916    **Nuestro mundo**, 1927    Nuevo mundo, 1920    Revista del ejército, 1922    **El Tepeyac**, 1927  
Nuestro tiempo, 1905    **Anales** Instituto Popular de Conferencias, Buenos Aires, 1925

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