Learned Hopefulness

The Power of Positivity to Overcome Depression

Dan Tomasulo, PhD

Foreword by Scott Barry Kaufman, PhD

Do you suffer from low mood or depression? Do you sometimes feel trapped in a vice-grip of negativity? You’re far from alone. It’s easy to lose hope when you’re feeling helpless in the face of overwhelming sadness, and trying to stay positive seems impossible when you’re spiraling deeper into darkness. The good news is that there is a way back into the light; a path that leads to the happiness and vitality you’ve been searching for.

Learned Hopefulness offers powerful exercises grounded in evidence-based positive psychology to help you break the cycle of depression, improve resiliency and motivation, and move past feelings of hopelessness. You’ll discover how to identify your strengths, ditch the self-limiting beliefs that keep you stuck in a cycle of negativity, and cultivate a lasting sense of hope.

“The perfect recipe for fulfillment, joy, peace, and expansion of awareness.” —Deepak Chopra, MD, author of Metahuman

“This is the best go-to book on how to use hope to relieve your depression.” —Martin Seligman, PhD, author of Flourish

“If you feel like you’ve lost your way, let Dan take your hand. He has in this beautiful book laid out the steps toward hope, and I cannot think of a wiser or more compassionate companion.” —Angela Duckworth, New York Times bestselling author of Grit

About the Author

Dan Tomasulo, PhD, is core faculty at the Spirituality Mind Body Institute (SMBI) at Teachers College, Columbia University, and honored by Sharecare as one of the top ten online influencers on the issue of depression. He holds a PhD in psychology, MFA in writing, and a Master of Applied Positive Psychology from the University of Pennsylvania. A highly sought-after international speaker on topics relating to applied positive psychology, he authors the daily column, Ask the Therapist, and the Learned Hopefulness blog for PsychCentral.com. His award-winning memoir, American Snake Pit was released in 2018.