

**Martin E.P. Seligman Curriculum Vitae**  
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University of Pennsylvania  
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Website: <http://ppc.sas.upenn.edu/>

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**Personal Information:**

Born: August 12, 1942 in Albany, New York

Married (Mandy McCarthy Seligman), seven children: Amanda, David, Lara, Nicole, Darryl, Carly, and Jenny

**DEGREES**

A.B., Princeton University, summa cum laude (Philosophy), 1964

Ph.D., University of Pennsylvania (Psychology), 1967

**DEGREES**

Ph.D., Honoris Causa, Uppsala University, Sweden, 1989

Doctor of Humane Letters, Honoris Causa, Massachusetts College of Professional Psychology, 1997

Ph.D., Honoris Causa, Complutense University, Madrid, 2004

Doctor of Science, Honoris Causa, University of East London, 2006

Doctor of Humane Letters, Honoris Causa, Lewis and Clark University, 2012

Doctor of Public Service, Honoris Causa, Widener University, 2015

Doctor of Science, Honoris Causa, University of Buckingham, 2018

Doctorate, Honoris Causa, Royal College of Surgeons, Ireland, May 2020

Doctorate, Honoris Causa, Universidad Siglo 21, Argentina, 2021

### **APPOINTMENTS—recent**

2024	Honorary Editor-in-Chief, Wellbeing Sciences Review, Tsinghua University
2022-	<a href="#">Annenberg Public Policy Center's Distinguished Research Fellows</a>
2020-	Editorial Board, Venustas (Architecture Journal)
2018-	Board of Scientific Affairs, BetterUp Laboratory
2017-2019	Chair, Education Committee, Global Happiness Council, United Nations
2016-	Patron, Positive Education Society of Australia
2016	Founding Chair, International Positive Education Network
2016-	Honorary Director, Tsinghua Happiness Technology Lab (Beijing)
2015-2019	Director, The Imagination Institute, National Philanthropic Trust
2014-	Distinguished Senior Advisor, International Positive Education Network
2012-2015	Chair, Steering Committee on Prospection, Templeton Foundation
2011-	Member, Technical Advisory Group, Measuring National Well-being Program (U.K.)
2010-	Distinguished Senior Advisor, International Positive Psychology Association
2009-	Zellerbach Family Professor of Psychology, University of Pennsylvania
2008-2019	Chair, Steering Committee on Positive Health, Robert Wood Johnson Foundation
2008-2014	Advisor, Comprehensive Soldier Fitness, U.S. Army

- 2004- Director, Positive Psychology Center, University of Pennsylvania
- 2006- Distinguished Senior Advisor, *Journal of Positive Psychology*
- 2001- Theodore Roosevelt Fellow, American Academy of Political and Social Science
- 2000- Director, Positive Psychology Network
- 2000- Distinguished Founding Fellow, Academy of Cognitive Therapy
- 1998- National Advisory Board, National Association for Gifted Children
- 1997- National Advisory Committee, National Interfaith Coalition for Spiritual Healthcare and Counseling
- 1997- Honorary Professor of Psychology, Department of Psychology, University of Wales, Cardiff
- 1996 - Member, National Academy of Practice in Psychology
- 1990- Society of Experimental Psychologists
- 1984- Chairman, Scientific Board, Foresight, Inc.
- 1976- Professor of Psychology, University of Pennsylvania

### **APPOINTMENTS—past**

- 2013-2015 Advisor, Templeton Foundation
- 1989-2015 Editorial Board, *Behaviour Research and Therapy*
- 2012-14 Thinker-in-Residence, Adelaide, Australia (Premier's Appointment)
- 2009-14 Chair, Steering Committee on Positive Neuroscience, Templeton Foundation
- 2014 Convener, Homo Prospectus, Australia, February 2014.
- 2013 Convener, Vocation and Prospecion. Canterbury Cathedral, October 2013

- 2008-09 Member, Defense Health Board, subcommittee on Psychological Matters
- 2006-08 Consulting Editor, *Perspectives on Psychological Science*
- 2004-05 Member, Fellows Nominating Committee, American Academy of Political and Social Science
- 2002-05 Chair, American Psychological Society William James Award Committee
- 2000-05 Member, Board of Trustees, American Psychological Foundation
- 2000-03 Scientific Director, Values-in-Action Classification of Strengths and Virtues Project, Mayerson Foundation
- 2000-02 Member, Board of Educational Affairs, American Psychological Association
- 2000-01 Treasurer, Executive Board, Council of Scientific Society Presidents
- 2000-02 Member, Board of Educational Affairs, American Psychological Association
- 1999-2009 Robert A. Fox Leadership Professor of Psychology, University of Pennsylvania
- 1999-2002 Program Director, Positive Psychology Award, John Templeton Foundation
- 1999-2001 Member, Executive Board, Council of Scientific Society Presidents
- 1999 Past-President, American Psychological Association
- 1999-2001 Member, Executive Board, Council of Scientific Society Presidents
- 1999 Secretary, Executive Board, Council of Scientific Society Presidents
- 1998 President, American Psychological Association
- 1997-2003 Founding Editor-in-Chief, *Prevention and Treatment*, [the electronic journal of the American Psychological Association]
- 1997 President-elect, American Psychological Association

- 1997-99 Member, Board of Directors, American Psychological Association
- 1996-2000 Board of Advisors, *Parents Magazine*
- 1996-99 Penn National Commission on Society, Culture, and Community
- 1995-98 Board of Directors, Eastern Psychological Association
- 1994-95 Founding President, *InterPsych* [international electronic union of psychiatrists and psychologists]
- 1993-95 President, Division 12 (Clinical Psychology), American Psychological Association
- 1984-89 Member, MacArthur Foundation Network on Determinants and Consequences of Health-Promoting and Health-Damaging Behavior
- 1982 Visiting Fellow, Max Planck Institute, Berlin, Germany
- 1980-94 Director of Clinical Training, Department of Psychology, University of Pennsylvania
- 1975 Visiting Fellow, Maudsley Hospital, Institute of Psychiatry, University of London
- 1967-70 Assistant Professor of Psychology, Cornell University

**SCIENTIFIC AND SCHOLARLY AFFILIATIONS—Past**

- 1987-95 Editorial Board, *Philosophical Psychology*
- 1994 Editorial Council, *Journal of Psychological Practice*
- 1991-93 Board of Scientific Affairs, American Psychological Association
- 1990-97 Editorial Board, *Applied Psychology: An International Review*, Munich, Germany
- 1990-92 Chairman, Personnel Committee, Faculty of Arts and Sciences, University of Pennsylvania
- 1989-91 Board of Trustees, Prescott College, Prescott, AZ

- 1989-90 Member, Personnel Committee, Faculty of Arts and Sciences, University of Pennsylvania
- 1989-94 Member, Task Force on Graduate Education, American Psychological Society
- 1988-91 Public Information Committee, American Psychological Association
- 1988-90 Member, Task Force on Women and Depression, American Psychological Association
- 1988-90 Advisory Board, *Psychology Today*
- 1988-89 Member, Founding Steering Committee, American Psychological Society
- 1988-89 Member, NIMH Research Scientist Development Award Study Section
- 1986-87 Member, Personnel Committee, Faculty of Arts and Sciences, University of Pennsylvania
- 1985 Editorial Board, *The Journal of Preventive Psychiatry and Allied Disciplines*
- 1984-85 Co-Chairman, Senior Advisory Board on Longitudinal Studies of Puberty, National Institute of Mental Health
- 1981-88 Social Science Research Council: Sub-Committee on Child Development in Lifespan Perspective
- 1979-88 Social Science Research Council: Committee on Lifespan Development
- 1973-98 Clinical License (Pennsylvania)
- 1964-67 National Science Foundation, Graduate Fellow
- 1964-65 Woodrow Wilson Graduate Fellow
- 1964 Phi Beta Kappa, Sigma Xi
- 1963-64 National Science Foundation, Undergraduate Research Fellowship, Princeton University

1960-64                      Princeton University Scholarship

**Member**

St. Peter's Collegian Association, honorary life member

American Psychological Association

Eastern Psychological Association

American Association for the Advancement of Science

American Psychopathological Association

Society for Research in Psychopathology

American Psychological Society

**Fellow**

American Association for the Advancement of Science

American Psychological Association

    General Division (1)

    Experimental Division (3)

    Comparative Division (6)

    Clinical Division (12)

    Aging Division (20)

    Health Division (38)

Behaviour Research and Therapy Society

Society of Behavioral Medicine

American Psychological Society

Pennsylvania Psychological Association

International Positive Psychology Association

**GRANTS—current**

- 2023-24 Principal Investigator, Penn Resilience Program for Law Enforcement Personnel, International Association of the Chiefs of Police (under an award from the U.S. Department of Justice), \$257,055.
- 2021-24 Principal Investigator, Primals Project: Seeding Catalytic Investigations in Psychology, Templeton Religion Trust, \$1,999,621.
- 2018-23 Principal Investigator, Penn Resilience Program for Law Enforcement Personnel, International Association of the Chiefs of Police (under an award from the U.S. Department of Justice), \$3,040,000.

**GRANTS—past**

- 2020-21 Principal Investigator, Penn Resilience Program for City of Philadelphia First Responders, \$80,000.
- 2014-19 Principal Investigator, "The World Well-Being Project: Measuring well being using big data, social media, and language analyses," Templeton Religion Trust, #TRT0048, \$3,835,702.
- 2011-19 Principal Investigator, "Positive Health & Comprehensive Soldier Fitness," Robert Wood Johnson Foundation, #68709, \$4,214,969.
- 2018 Principal Investigator, "Penn Well-Being Program for the World Bank," World Bank, \$26,000.
- 2014-17 Principal Investigator, "Advancing the Science of Imagination: Toward an Imagination Quotient," National Philanthropic Trust, \$5,647,094.
- 2017 Principal Investigator, "The Penn Resilience Program for Yale School of Medicine Physicians," Yale University, \$53,829
- 2013-16 Principal Investigator, "Prospective Psychology Stage 2: A Research Competition," John Templeton Foundation, #37495, \$3,596,214
- 2014-16 Project Director, "Master Resilience Training for Army Soldiers," Contract #W9124D-14-D-0027, \$3,084,525
- 2015-16 Project Director, "Penn Resilience Program for University of Texas System," \$627,613

- 2015-16 Principal Investigator, "Measuring the Well-being of the Spanish Population," BioIberica, \$170,000
- 2014-15 Principal Investigator, "Universal Assessment Research Program Phase 0 – Design," Templeton Religion Trust, \$199,610
- 2012-15 Principal Investigator, "Prospective Psychology Stage 1: Imagination and Being Drawn into the Future," John Templeton Foundation, #37494, \$3,131,708
- 2009-14 Project Director, "Master Resilience Training for Army Soldiers," U.S. Army, Contract # W91WAW-10-D-0018  
\* Base Year (2010): \$7,161,291  
\* Option Year 1 (2011): \$9,108,022  
\* Option Year 2 (2012-2014): \$20,068,315
- 2009 Project Director, "Resilience Curriculum Development for U.S. Army Soldiers," U.S. Army, \$1,509,955
- 2011-14 Principal Investigator, "Love Made Visible: Exploring the Role of Prosocial Motivation in Creativity," John Templeton Foundation, #55777, \$243,606
- 2011-14 Project Co-Leader, "What Are the Real Benefits of Hardship? Examining Possibilities for Behavioral Growth Following Adversity," Templeton Foundation, #558781, \$474,954
- 2008-13 Principal Investigator, "Exploring the Concept of Positive Health," Robert Wood Johnson Foundation, #63597, \$2,771,990
- 2009-13 Principal Investigator, "A New Research Competition and Network to Accelerate Progress at the Interface of Positive Psychology and Neuroscience," Templeton Foundation, #13759, \$5,816,793
- 2005-08 Principal Investigator, "Grit Research," John Templeton Foundation, #11544
- 2005-07 Principal Investigator, "Positive Psychology Research," John Templeton Foundation, #11286
- 2002-06 Principal Investigator, "Prevention of Depression in School Children," National Institute of Mental Health, MH 52270
- 2001-06 Principal Investigator, "Prevention of Depression with a Web-Based Supplement," National Institute of Mental Health, MH63430

- 2003-04 Principal Investigator, "Learned Optimism and the Empowerment of People with Disabilities," U.S. Department of Education subcontract from George Washington University, Grant #H264A980002
- 2002-06 Principal Investigator, "Positive Psychology and the Cultivation of Character Among Youth," Fund for the Improvement of Education: Partnerships in Character Education Program, U.S. Department of Education, R215S020045
- 2002-04 Principal Investigator, "Positive Youth Development as a Means of Preventing Disorders, Violence, and Suicide," Annenberg Sunnyslands Trust Foundation
- 2001-03 Principal Investigator, "Positive Psychology Young Scholars Grants Program," John Templeton Foundation, #1605
- 2000-02 Principal Investigator, "Positive Psychology Prize," John Templeton Foundation, #1119
- 1999-2004 Principal Investigator, "The Positive Psychology Network," The Atlantic Philanthropies
- 1999-2003 Principal Investigator, "The Positive Psychology Network," The Annenberg Foundation
- 1996-2001 Principal Investigator: "Prevention of Depression in School Children," National Institute of Mental Health, MH 52270
- 1991-2001 Principal Investigator: "Prevention of Depression by Change in Explanatory Style," National Institute of Mental Health, MH 19604
- 1991-2001 Merit Award, National Institute of Mental Health
- 1987-90 Principal Investigator: "Explanatory Style as a Predictor of Mortality and Morbidity," National Institute of Aging, AG0550
- 1985-92 Principal Investigator: "Helplessness and Attributional Style in Children", National Institute of Mental Health, MH 40142
- 1974-77 Principal Investigator: "Learned Helplessness, Depression and Social Behavior," National Science Foundation, SOC 74 12063
- 1971-91 Principal Investigator: "Depression and Learned Helplessness" and

other titles, National Institute of Mental Health, MH 19604

1969-71 Principal Investigator: "Helplessness and Chronic Fear," National Institute of Mental Health, MH 16546

## **AWARDS**

- 2024 Vision of Excellence" Award from the Institute of Coaching, McLean Hospital
- 2024 Joseph Priestley Award Dickinson College
- 2023 University of Pennsylvania, Award for Distinguished Teaching in Professional Graduate Programs
- 2023 Named Single Most Influential Psychologist in the World for 2023 and 2010-2020 by Academic Influence  
<https://academicinfluence.com/rankings/people/most-influential-psychologists-today>  
<https://academicinfluence.com/rankings/people/most-influential-psychologists-today#seligman>
- 2019 Frankfurt Institute, Lifetime Achievement Award
- 2018 Positive Education Society of Australia, Lifetime Achievement Award
- 2017 American Psychological Association, Lifetime Contributions to Psychology Award
- 2016 Novus, United Nations Award for Quality Education
- 2015 Changing Minds Award, Blue Gene Gala
- 2014 The Tang Award for Lifetime Achievement in Psychology
- 2011 Nominated, Nobel Peace Prize
- 2010 Life Achievement Award, Beijing Normal University, School of Psychology. Ministry of Education, People's Republic of China
- 2010 Tanner Lecturer, University of Michigan, Tanner Human Values Lecture
- 2010 Albany Academy Distinguished Alumni Award

- 2009 Inaugural British Academy Wiley Prize in Psychology (for Lifetime Achievement)
- 2007 Master Lecturer, American Psychological Association
- 2006 Distinguished Scientific Contribution Award, American Psychological Association
- 2005 Best Book in Clinical Medicine, Association of American Publishers. Treating and preventing adolescent mental health disorders: What we know and what we don't know.
- 2005 Distinguished Scientific Achievement Award, Division 12 (Clinical), American Psychological Association
- 2004 NAGC President's Award, National Association for Gifted Children
- 2003 Best Psychology Book, Books for A Better Life. *Authentic Happiness*.
- 2003 Grace of the Moment Medal, Elka Wintergarten Foundation
- 2002 Lifetime Achievement Award, California Psychological Association
- 2001 Theodore Roosevelt Fellow, American Academy of Political and Social Science
- 2002 Presidential Citation for Lifetime Achievement, American Psychological Association
- 2000 Arthur Staats Award for Unification of Psychology
- 1998 Psi Chi Frederick Howell Lewis Distinguished Lecturer
- 1998 Kaiser-Permanente Distinguished Contribution to Public Health Award
- 1997 Best of the Bulletin Award (for best feature article), American Psychological Association, Division 42 (Independent Practice)
- 1997 Zubin Award, Society for Research in Psychopathology (for lifetime achievement)
- 1996- Member, National Academy of Practice

- 1996 Master Lecturer, American Psychological Association
- 1995 Distinguished Practitioner, National Academy of Practice in Psychology
- 1995 James McKeen Cattell Fellow Award, American Psychological Society (for applications of scientific knowledge)
- 1995 Distinguished Scientific/Professional Contribution Award, Pennsylvania Psychological Association
- 1992 Distinguished Scientist Lecturer, American Psychological Association
- 1992 Distinguished Contribution Award for Basic Research with Applied Relevance, American Association of Applied and Preventive Psychology
- 1991 William James Fellow Award, American Psychological Society (for contributions to basic science)
- 1988 G. Stanley Hall Lecturer (honoring one undergraduate teacher of abnormal psychology in the U.S.), American Psychological Association
- 1986 Distinguished Scientific Contribution Award, American Psychological Association, Division 12 (Clinical), Section 3 (Experimental)
- 1978-79 Fellow, Center for Advanced Study in Behavioral Sciences, Stanford, CA
- 1976 Distinguished Scientific Contribution Award (for early career contribution in animal learning), American Psychological Association
- 1974-75 Guggenheim Fellow
- 1964-67 National Science Foundation Graduate Fellowship, University of Pennsylvania
- 1964-65 Woodrow Wilson Fellowship
- 1964 Philosophy of Mind Prize, Princeton University

## BOOKS

A. Seligman, M. E. P., & Hager, J. (Eds.). (1972). *Biological boundaries of learning*. New York: Appleton-Century-Crofts.

B. Seligman, M.E.P. (1975). *Helplessness: On depression, development, and death*. San Francisco: W. H. Freeman.

**Editions:**

1. *Helplessness*. (1976). Tokyo: Tuttle-Mori Agency, Inc. (Japanese).
2. *Hjalphloshet*. (1976). Stockholm: Albert Bonniers (Swedish).
3. *Hiflosigkeit*. (1976). Munich: Urban and Schwarzenburg (German). Two editions.
4. *Desamparo*. (1977). Sao Paulo: Hucitec-Edsup (Portuguese).
5. *Helplessness*. (1977). Seoul (Korean).
6. *Helplessness*. (1978). Rome: Bulzoni Editore (Italian).
7. *Hulpeloosheid*. (1979) Netherlands: Nelissen and Bloemendaal (Dutch).
8. *Helplessness*. (1981). Tokyo: Seishin Shobo Ltd. (Japanese).
9. *Indefension*. (1981). Madrid: Editorial Debate (Spanish).
10. *Helplessness*. (2019). Beijing: China Renmin University Press (Chinese Simplified).

C. Maser, J., & Seligman, M.E.P. (Eds.). (1977). *Psychopathology: Experimental models*. San Francisco: W. H. Freeman.

**Edition:**

1. *Modelos Experimentales en Psicopatologia*. (1983) Madrid: Ithambra Universidad (Spanish).

D. Garber, J., & Seligman, M.E.P. (Eds.). (1980). *Human helplessness: theory and applications*. New York: Academic Press.

E. Rosenhan, D.L., & Seligman, M.E.P. (1984). *Abnormal psychology*. New York: W. W. Norton.

F. Rosenhan, D.L., & Seligman, M.E.P. (1989). *Abnormal psychology*. (2d ed.). New York: W. W. Norton.

**Edition:**

1. *Psychopatologia*. (1994). Warsaw: Polskie Towarzystwo Psychologiczne, (Polish).

G. Seligman, M.E.P. (1990). *Learned optimism*. New York: Knopf.

**Editions:**

1. (1990). *El Optimismo Se Adquiere*. Buenos Aires: Editorial Atlantida, (Spanish, Argentina).
2. (1991). *Pessimismus Kusst Man Nicht*. Munich: Droemer, (German).
3. (1991). Tokyo: *Kodansha*, (Japanese). Paperback: *Kodansha* (1995).
4. (1991). *Optimisme Kun Je Leren*. Utrecht: Het Spectrum (Dutch).
5. (1992). *Aprenda a Ser Otimista*. Rio de Janeiro: Distribuidora Record de Servicos de Imprensa, S.A., (Portuguese, Brazil).
6. (1992). Australian Edition. Sydney: Random-Century.
7. (1992). *Optimistin Kasikrja*. Finland: Otava (Finnish).
8. (1993). Warsaw: Media Rodzina, (Polish).
9. (1994). *Apprendre L'Optimisme*. Paris: InterEditions (French).
10. (1995). Montreal: Editions Sogides (French).
11. (1996). *Imparare L'Ottimismo*. Florence: Giunti Gruppo Editoriale (Italian).
12. (1996). Taipei, Taiwan: Yuan-Liou Press (Chinese, complex).
13. (1996). Seoul, Korea: Origin (Korean).
14. (1997). Moscow, Russia: Perseus Publishers (Russian)
15. (1998). Barcelona, Spain: Ediciones Grijalbo (Spanish).

16. (1998). Taipei, Taiwan: Xinhua (Chinese, simple).
17. (2000). Warsaw: Media Rodzina (Polish).
18. (2001). Seoul, Korea: Origin (Korean).
19. (2001). Bulgaria: Kibea (Bulgarian).
20. (2002). Oslo, Norway: Forlaget WEM (Norwegian).
21. (2002). Riyadh, Saudi Arabia: Jarir (Arabic).
22. (2003). Bucharest, Romania: Humanitas (Romanian).
23. (2005). Croatia: I.E.P. (Croatian).
24. (2005). Turkey: Hekimler Yayin Birliigi (Turkish).
25. (2007). Budapest: Laurus (Hungarian).
26. (2007). Thailand: WeLearn (Thai).
27. (2007). Taiwan: Yuan-Liou Publishing Co., Ltd. (Chinese, complex).
28. (2007). Korea: Book 21 (Korean).
29. (2007). Beijing: China Renmin University Press (Chinese, simplified).
30. (2008). Paris: Dunod Editeurz (French).
31. (2008). Indonesia: Salamadani (Indonesian).
32. (2008). Ljubljana: Mladinska Knijiga Zalozba (Slovene).
33. (2008). Hungary: Lexecon (Hungarian).
34. (2010). Warsaw: Harbor Point Sp. z o.o. (Polish)
35. (2011). Milano, Italy: Sperling & Kupfer Editori (Italian).
36. (2012). Tianjin Eco-City, P.R. China: Cheers Publishing (Chinese).
37. (2012). Barcelona, Spain: Random House Mandadori S.A. (Spanish).

38. (2012). Moscow: Alpina Non-Fiction (Russian).
39. (2012). Tokyo: Pan Rolling Inc. (Japanese).
40. (2012). Prague: Pavel Dobrovsky – Beta s.r.o. (Czech).
41. (2015). Riyadh, Saudi Arabia Jarir Bookstore (Arabic).
42. (2015). Italy: Giunti Publishing Group (Italian).
43. (2015). Warsaw: Medina Rodzina (Polish).
44. (2015). Taiwan: Yuan-Liou Publishing Co. (Chinese, complex).
45. (2015). Turkey: Bigbang Yayinlari (Turkish).
46. (2017). Brazil: Editora Objetiva (Portuguese).
47. (2018). UK: Nicholas Brealey.
48. (2022). Estonia: Rahva Raamat (Estonian).
49. (2022). France: Editions J'ai Lu (France).
50. (2022). Lithuania: Leidykla Sofoklis (Lithuanian).
51. (2023). Vietnam: Times Science and Education Publishing (Vietnamese).

**Other Editions:**

Book of the Month Club (1991).

Rodale Press Book Club (1991).

Psychotherapy and Social Science Book Club (1991).

Quality Paperback Book Club (1991).

Paperback Edition: Pocket Books (Simon & Schuster) (1991).

Audio Edition: Simon & Schuster (1991).

H. Seligman, M.E.P. (1991). *Helplessness: On depression, development, and death*. (2d ed.). New York: W. H. Freeman.

I. Peterson, C., Maier, S., & Seligman, M.E.P. (1993). *Learned helplessness: A theory for the age of personal control*. New York: Oxford.

### **Edition:**

1. (2000). Osaka: Nihei-sha, (Japanese).
2. (2024). Seoul: Mulpure Publishing Co. (Korean).

J. Buchanan, G., & Seligman, M.E.P. (Eds.). (1995). *Explanatory style*. Hillsdale, N.J.: Erlbaum.

K. Seligman, M.E.P. (1994). *What you can change and what you can't*. New York: Knopf.

### **Editions**

1. Australian Edition. (1994). Sydney: Random-Century
2. (1994). Warsaw: Media Rodzina (Polish).
3. (1994). *Psychologie heute* (German).
4. (1995). *No puedo ser mas alto pero puedo ser mejor*. Barcelona: Grijalbo Mondadori S.A. (Spanish).
5. (1995). *O que voce pode e o que nao pode modar*. Rio de Janeiro: Editora Objetiva (Portuguese).
6. (1995). *Changer oui c'est possible*. Paris: Editions Sogides (French).
7. (1997). Moscow: Persei (Russian).
8. (1999). Taiwan: Yuan-Liou Publishing Co. (Chinese).
9. (2003). Taiwan: Yuan-Liou Publishing Co. (Chinese, complex).
10. (2004). Warsaw: Media Rodzina (Polish).
11. (2005). Riyadh, Saudi Arabia: Jarir (Arabic).
12. (2005). Turkey: Hekimler Yayin Birliigi (Turkish).

13. (2007). Beijing: China Renmin University Press (Chinese, simplified).
14. (2007). Portugal: Pergaminho (Portuguese).
15. (2008). Seoul: Mulpure Publishing Co. (Korean).
16. (2008). SC Humanitis SA. (Romanian).
17. (2008). Mladinska Kngiga Založba (Slovene).
18. (2010). Warsaw: Harbor Point, Sp. z o.o. (Polish).
19. (2011). Beijing: Cheers Publishing (Chinese, simplified).
20. (2011). Budapest: Akademiai Kiado, Hungary (Hungarian).
21. (2012). Quebec: Messageries ADP (French).
22. (2012). Paris: Interforum editis (French).
23. (2012). Fribourg: Interforum editis Suisse (French).
24. (2012). Belgium: Interforum Benelux S.A. (French).
25. (2012). Luxembourg: InterForum Benelux S.A. (French).
26. (2014). France: J'ai Lu (French).
27. (2014). Beijing: Cheers Publishing (Chinese, simplified).
28. (2014). Taiwan: Yuan-Liou (Chinese, complex).
29. (2015). Warsaw: Medina Rodzina (Polish).

**Other Editions:**

Book of the Month Club (1994)

Audio Edition: Simon and Schuster (1994)

Paperback edition, Ballantine (1995)

- L. Rosenhan, D.L., & Seligman, M.E.P. (1995). *Abnormal psychology*. (3d ed.).

New York: W. W. Norton.

M. Seligman, M.E.P., Reivich, K., Jaycox, L., & Gillham, J. (1995). *The optimistic child*. New York: Houghton Mifflin.

**Editions:**

1. Australian edition. (1995). Sydney: Random House.
2. (1997). Hamburg: Rowohlt (German).
3. (1997). Warsaw: Media Rodzina (Polish).
4. (1998). *Det optimistiska barnet*. Jonkoping: Brain Books (Swedish).
5. (1998). Am oved (Hebrew).
6. (1998). Taipei, Taiwan: Yuan-Liou Press (Chinese, complex).
7. (1999). Ninos Optimistas. Barcelona: Grijalbo, (Spanish).
8. (2004). Origin (Korean).
9. (2004). Random House Mondadori (Spanish).
10. (2004). Shanghai Literature & Arts (Chinese, simple).
11. (2004). Taiwan: Yuan-Liou Publishing Co. (Chinese, complex).
12. (2004). Diamond (Japanese).
13. (2005). Jarir Bookstore (Arabic).
14. (2005). Sperling & Kupfer (Italian).
15. (2005). Croatia: I.E.P. (Croatian).
16. (2007). Beijing: China Renmin University (Chinese, simplified).
17. (2008). Taiwan: Yuan-Liou Publishing Co., Ltd. (Chinese, complex).
18. (2008). Budapest: Profil Training Kft. (Hungarian).
19. (2009). Warsaw: Graal Ltd. (Polish).

20. (2010). Ljubljana: Modrijan (Slovene).
21. (2011). Seoul: Mulpure (Korean).
22. (2012). Quebec, Canada: Sogides Ltee (French).
23. (2013). Tianjin, P.R. China: Cheers Publishing Company (Chinese, simplified)
24. (2014). Taiwan: Yuan-Liou Publishing Company (Chinese, complex)
25. (2014). Moscow: Mann, Ivanov and Ferber (Russian).
26. (2014). Paris: Marabout (France).
27. (2018). Romania: Humanitas (Romanian).
28. (2018). UK: Nicholas Brealey.
- 29.(2021). Brazil: Objetiva Brazil (Portuguese).
- 30.(2022). Estonia: Rahva Raamat (Estonian).
- 31.(2024). Russia: Alpina (Russian).

**Other Editions:**

Book of the Month Club, 1995

Paperback edition, Harper Collins, 1996

Audio Edition: Harper Collins, 1996

N. Seligman, M.E.P. (1998). *Learned optimism*. (2d ed.). New York: Pocket Books (Simon and Schuster).

O. Seligman, M.E.P., & Rosenhan, D.L. (1998). *Abnormality*. New York: W.W. Norton.

P. Gillham, J.E. (Ed). (2000). *The science of optimism and hope: research essays in honor of Martin E. P. Seligman*. Radnor, PA: Templeton Foundation Press.

Q. Seligman, M.E.P., Walker, E., & Rosenhan, D.L. (2001). *Abnormal psychology*. (4<sup>th</sup> ed.) New York: W.W. Norton.

R. Chirot, D., & Seligman, M.E.P. (Eds.) (2001). *Ethnopolitical warfare: Causes, consequences, and possible solutions*. Washington, D.C.: APA Press.

S. Seligman, M.E.P. (2002). *Authentic Happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. New York: Free Press.

### **Editions:**

1. (2002). NSW, Australia: Random House Australia.
2. (2002). Utrecht, The Netherlands: Uitgeverij Het Spectrum BV (Dutch).
3. (2003). Munich, Germany: Ehrenwirth/Luebbe (German).
4. (2003). Israel: Modan Publishers (Hebrew).
5. (2003). Taiwan: Yuan-Liou (Chinese, Complex).
6. (2003). Rio de Janeiro, Brazil: Editora Objetiva (Portuguese).
7. (2003). Milan, Italy: Sperling & Kupfer (Italian).
8. (2003). Madrid, Spain: Ediciones B (Spanish).
9. (2003). Euromedia, (Czech).
10. (2003). CITIC, (Chinese simple).
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