

# Rethinking Positive Thinking

INSIDE THE NEW SCIENCE  
OF MOTIVATION



Gabriele Oettingen

# Online Rethinking Positive Thinking Science Motivation

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## **Online Rethinking Positive Thinking Science Motivation:**

*Rethinking Positive Thinking* Gabriele Oettingen, 2014-10-16 The solution isn't to do away with dreaming and positive thinking. Rather, it's making the most of our fantasies by brushing them up against the very thing most of us are taught to ignore or diminish: the obstacles that stand in our way. So often in our day-to-day lives we're inundated with advice to think positively. From pop music to political speeches to commercials, the general message is the same: look on the bright side, be optimistic in the face of adversity, and focus on your dreams. And whether we're trying to motivate ourselves to lose weight, snag a promotion at work, or run a marathon, we're told time and time again that focusing on fulfilling our wishes will make them come true. Gabriele Oettingen draws on more than twenty years of research in the science of human motivation to reveal why the conventional wisdom falls short. The obstacles that we think prevent us from realizing our deepest wishes can actually lead to their fulfillment. Starry-eyed dreaming isn't all it's cracked up to be, and as it turns out, dreamers are not often doers. While optimism can help us alleviate immediate suffering and persevere in challenging times, merely dreaming about the future actually makes people more frustrated and unhappy over the long term and less likely to achieve their goals. In fact, the pleasure we gain from positive fantasies allows us to fulfill our wishes virtually, sapping our energy to perform the hard work of meeting challenges and achieving goals in real life. Based on her groundbreaking research and large-scale scientific studies, Oettingen introduces a new way to visualize the future called *mental contrasting*. It combines focusing on our dreams with visualizing the obstacles that stand in our way. By experiencing our dreams in our minds and facing reality, we can address our fears, make concrete plans, and gain energy to take action. In *Rethinking Positive Thinking*, Oettingen applies *mental contrasting* to three key areas of personal change: becoming healthier, nurturing personal and professional relationships, and performing better at work. She introduces readers to the key phases of *mental contrasting* using a proven four-step process called *WOOP* (Wish, Outcome, Obstacle, Plan) and offers advice and exercises on how to best apply this method to daily life. Through *mental contrasting*, people in Oettingen's studies have become significantly more motivated to quit smoking, lose weight, get better grades, sustain fulfilling relationships, and negotiate more effectively in business situations. Whether you are unhappy and struggling with serious problems or you just want to improve, discover, and explore new opportunities, this book will deepen your ideas about human motivation and help you boldly chart a new path ahead.

***Rethinking Positive Thinking*** Gabriele Oettingen, 2015-11-10 Author's note Preface Dreaming not doing The upside of dreaming Fooling our minds The wise pursuit of our dreams Engaging our nonconscious minds The magic of *WOOP* *WOOP* your life Your friend for life Acknowledgments Notes Index      *The Resilience Advantage* Richard S. Citrin, Alan Weiss, 2016-03-15 Imagine if we stopped trying to manage the stress in our workplaces and personal lives. What if we recognized instead that the challenges we face every day could actually make us stronger, smarter, and more successful? We wouldn't feel victimized by the stress in our lives; with a change in how we view these challenges, we become capable of

resolving them and winning the day Global businesses governments and communities are profoundly changing their approaches to adversity and challenges The Resilience Advantage reveals the techniques and methodology we all can apply in our workplaces and homes Filled with professional and personal stories pragmatic research powerful case studies and practical actionable tools this book IS the formula to help each of us turn our challenges into our Resilience Advantage

**The Social Psychology of Organizations** Joanna Wilde,2016-03-31 Healthy and successful organizations require the people who work within them to be happy resilient and creative Just as a human body is undermined if it suffers from sickness so an organization can only function fully if the people who work within it feel engagement and well being and any toxic influences which shape or burden their working lives are resolved This important new title provides a much needed overview not only of what it means for an organization to be weakened by pervasive psychological influences within the working environment but also how this dysfunction can be addressed through psychological interventions The book is split into three core sections Toxicity and Dysfunction in the workplace outlining structural behavioural emotional and cognitive sources of toxicity that undermine organizations Principles of the healthy workplace outlining core concepts of belonging contribution and meaning from which organizations in turn benefit Creating the healthy workplace outlining a range of approaches to addressing organizational toxicity including design thinking positive psychology and evidence based approaches Written by a practicing organizational psychologist and including case studies to illustrate how toxicity at the micro level can impact upon wider organizational goals the book draws on a wide range of literature to provide an accessible focussed understanding of how the individual psychological experiences of working people can have wider consequences for an organization and how interventions within that process can address these issues It is ideal reading for students and researchers of occupational or organizational psychology organizational behaviour business and management and HRM

Rethinking Information Work G. Kim Dority,2016-02-22 A state of the art guide to the world of library and information science that gives readers valuable insights into the field and practical tools to succeed in it As the field of information science continues to evolve professional level opportunities in traditional librarianship especially in school and public libraries have stalled and contracted while at the same time information related opportunities in non library settings continue to expand These two coinciding trends are opening up many new job opportunities for LIS professionals but the challenge lies in helping them and LIS students understand how to align their skills and mindsets with these new opportunities The new edition of G Kim Dority s Rethinking Information Work A Career Guide for Librarians and Other Information Professionals gives readers helpful information on self development including learning to thrive on change using key career skills like professional networking and brand building and how to make wise professional choices Taking readers through a planning process that starts with self examination and ends in creating an actionable career path the book presents an expansive approach that considers all LIS career possibilities and introduces readers to new opportunities This guide is

appropriate for those embarking on careers in library and information science as well as those looking to make a change providing career design strategies that can be used to build a lifetime of career opportunity

*Advances in Motivation Science*, 2024-06-04 Advances in Motivation Science Volume Eleven the latest release in the Motivation Science series contains interesting articles that cover topics such as An Ecology of Meaning An Integrative Framework for Understanding Human Motivations Beer AMS Quest for Self Knowledge Boundary conditions of the rational model Finding the limits of rationality Growth goals A review of the construct Predictors Consequences and Intervention Pragmatic Prospecption Theory Research and Practice and The Quest for Self Knowledge What Do We Want to Know and not Know About Ourselves Presents new research in the field of motivation science and research Provides a timely overview of important research programs conducted by the most respected scholars in psychology Gives special attention to directions for future research

*How to Be Happy* Vanessa King, 2016-03-10 Happiness is not something ready made It comes from your own actions The Dalai Lama patron of Action for Happiness Vanessa King positive psychology expert for Action for Happiness has created 10 key evidence based actions that have been shown to increase happiness and wellbeing at home at work and in the world around you If you have read The Art of Happiness The Happiness Project or Sane New World this book will be the perfect complement We all want to be happy but what does that actually mean and what can we do in our everyday lives to be happier Fortunately psychologists neuroscientists and other experts now have evidence of what really makes a difference and helps us to be happier and more resilient to life s ups and downs In this book Vanessa King of Action for Happiness has drawn on the latest scientific studies to create a set of evidence based practical actions They will help you connect with people nurture your relationships and find purpose You ll get ideas for taking care of your body making the most of what s good and finding new ways to stimulate your mind So here are the 10 Keys to Happier Living ideas insights and practical actions that you can take to create more happiness for yourself and those around you

*We, Robots* Curtis White, 2015 In the noble tradition of Jaron Lanier s You Are Not a Gadget Penguin 2011 Curtis White s We Robots takes the radical position that maybe we shouldn t cede every bit of control humanity and decision making to technology and that the techno futurists in our mix have things dangerously backwards What a notion In this sharply argued and rousing book White not only attacks the technology loving establishment but offers a beautiful and essential alternative

**The Essential Guide to Teaching New Apprenticeships** Steve Ingle, 2021-03-24 Practical advice for apprenticeship teachers and trainers How to support on Understanding the ways in which standards based apprenticeships are different Mapping to the Level 4 Assessor Coach apprenticeship standard Adapting teaching and training approaches for new standards based apprenticeships Working with all of the other people involved with apprenticeships Effective ongoing assessment for vocational learners Vocational coaching progress monitoring and effective target setting Planning for the continuing development of professional skills Delivering a high quality apprenticeship programme

The GCSE Mindset Steve Oakes, Martin Griffin, 2018-02-15 The GCSE Mindset 40 activities for

transforming student commitment motivation and productivity written by Steve Oakes and Martin Griffin offers a wealth of concrete practical and applicable tools designed to supercharge GCSE students resilience positivity organisation and determination At a time when GCSE teaching can feel like a conveyor belt of micromanaged lessons and last ditch interventions Steve and Martin acclaimed authors of The A Level Mindset suggest a different approach underpinned by their VESPA model of essential life skills vision effort systems practice and attitude These five non cognitive characteristics beat cognition hands down as predictors of academic success and in The GCSE Mindset Steve and Martin take this simple model as their starting point and present a user friendly month by month programme of activities resources and strategies that will help students break through barriers build resilience better manage their workload and ultimately release their potential both in the classroom and beyond The book s forty activities while categorised thematically under the VESPA umbrella have been sequenced chronologically by month in order to better chart the student s journey through the academic year and to help them navigate the psychological terrain ahead Each activity can be delivered one to one to a tutor group or to a whole cohort has been designed to take fifteen to twenty minutes to complete and has been written with a pupil audience in mind However to complement the tasks practical utility the authors also explore the underpinning research and theory including the pioneering work of Angela Duckworth Dr Steve Bull and Carol Dweck in more detail in the introduction to each section Informed by the authors collective thirty plus years of teaching and coaching this essential handbook for GCSE success also suggests key coaching questions and interventions for use with pupils and includes expert guidance on how schools can implement and audit the core components and outcomes of the VESPA approach in their own settings Additionally and indeed pertinently in the present educational environment where empirical data is valued so highly the book features a chapter dedicated to the measurement of mindset written by guest contributors Dr Neil Dagnall and Dr Andrew Denovan from Manchester Metropolitan University They present the twenty eight item VESPA questionnaire which they helped Steve and Martin to design and take the reader through the research process behind its origins before going on to describe how it can be used to identify areas for development and to measure the impact of interventions Suitable for teachers tutors and parents who want to boost 14 to 16 year olds academic outcomes and equip them with powerful tools and techniques in preparation for further education and employment

The Creative Way Forward Jen Martin, 2024-09-17 Learn How to Creatively Adapt Improvise Solutions and Embrace Change Change is inevitable If there s one thing we can plan on it s that nothing will stay the same Yet change can also be challenging especially when it s unexpected In times of disruption when we most need to be creative we re often reactive We hang on to what we know instead of being open to the vast possibilities of what s next Professional coach and consultant Jen Martin shows us another way how to build your creative capacity and ability to improvise forward even during life s biggest twists and turns For those navigating any type of change whether at work or in life Jen shares research backed practices and tools to help you strengthen your agility and adaptability In this

book you will learn The four part Change Curve for navigating transitions How to regulate your nervous system to be creative versus reactive Why knowing what s core for you is critical for being adaptive Three powerful ways to reframe your perspective The type of curiosity you ll need in order to embrace what s next and How to creatively navigate detours and setbacks on the journey This book is a beautiful reminder that while the future is inherently uncertain it s precisely when we don t have all the answers that we often come up with the most interesting ideas and discover the creative way forward

**Loving Someone with Suicidal Thoughts** Stacey Freedenthal,2023-01-02 If you have a loved one who is experiencing suicidal thoughts you may feel deeply afraid both of loss and of saying the wrong thing and making matters worse Based on decades of clinical experience in suicidology this compassionate guide gives readers the essential communication techniques and coping skills they need to support a loved one in crisis while also taking care of themselves

**Falsehoods Fly** Paul Thagard,2024-02-20 Misinformation is one of the twenty first century s greatest challenges a peril to democracy peace science and public health Yet we lack a clear understanding of what makes misinformation so potent and why it can spread so rapidly In Falsehoods Fly a leading cognitive scientist and philosopher offers a new framework for recognizing and countering misleading claims by exploring the ways that information works and breaks down Paul Thagard examines the dangers of misinformation on COVID 19 climate change conspiracy theories inequality and the Russian invasion of Ukraine He argues that effective responses to these problems require understanding how information is generated and spread Bringing together empirical findings about the psychological and social mechanisms that drive cognitive errors with philosophical accounts of critical thinking Thagard develops an innovative theory of how we gain information Grasping how the generation and transmission of knowledge can fail helps us find ways to repair it and provides tools for converting misinformation into facts Offering a deep and rich account of the nature and workings of information Falsehoods Fly provides practical concrete strategies to stop the creation and spread of misinformation

**The Success Trap** Amina Aitsi-Selmi,2020-12-03 WINNER Business Book Awards 2021 Personal Development Wellbeing Do you feel trapped in a toxic work culture Or stuck in a job you re great at but that you don t actually like Why do good people stay in bad jobs for so long The Success Trap answers all these questions and shows you what to do about it An estimated 80% of individuals in the western workforce want to change job if you re one of them then this book will enable you to understand why help you reconnect with what s really important to you and provide practical tips and tools to empower you to take control of your own career Written by specialist coach and consultant Dr Amina Aitsi Selmi this book builds on her years of experience as a physician in healthcare policy and coaching and consulting with hundreds of individuals and organizations Combining her personal expertise with scientific research including Google s Project Aristotle and the Global Happiness Council s Workplace Wellbeing report it provides insights and useful takeaways you can use in your own work life Don t stay stuck in a job you hate let this book help you escape The Success Trap

**Careful** Steve Casner,2017-05-23 Gripping page turning material a

new way of thinking about survival in a world filled with hazards and distractions Charles Duhigg author of Smarter Faster Better and The Power of Habit A safety expert reveals why few of us are as careful as we think we are and what we can do about it As doctors and medical researchers work busily to extend our lives more people each year are figuring out ways to cut them short In fact after a hundred years of steady decline the rate at which people are being injured or worse in everyday accidents is increasing Blame car crashes pedestrian fatalities home improvement projects gone wrong medical mistakes home fires not to mention all the crazy things that kids are into these days And the problem seems to be spinning out of control Steve Casner has devoted his career to studying the psychology of safety and he knows there s not a safety warning we won t ignore or a foolproof device we can t turn into an implement of disaster Casner details the psychological traps that prevent us from being more careful They re the same whether you re a pilot a Hollywood stuntwoman a parent or the owner of a clogged dishwasher you re trying to fix with a screwdriver Then he shows us gripping real examples of how and when injuries happen so we know exactly what we should really be worrying about Careful arms readers with the latest science on how our sometimes fallible minds work with countless takeaways to incorporate at home at work and everywhere in between This book will help us keep our fingers attached in the kitchen our kids afloat at the pool and our teens safe behind the wheel and demonstrates the many other ways we can maximize our chances of getting through the day in one piece

**Human-Computer Interaction & Emerging Technologies** Tareq Z. Ahram,Waldemar Karwowski,Pei-Luen Rau,2025-07-26 Proceedings of the 16th International Conference on Applied Human Factors and Ergonomics and the Affiliated Conferences Orlando Florida USA 26 30 July 2025 *International Encyclopedia of Business Management* ,2025-09-01 The Encyclopedia of Business Management Four Volume Set is a comprehensive resource that covers over 200 topics across various areas of business management Each entry is written in an accessible manner making complex concepts easy to understand The encyclopedia addresses interdisciplinary subjects such as cultural entrepreneurship tourism innovation and marketing promotions By emphasizing definitions and practical applications the entries help readers grasp the relevance of each topic Expert editors lead each section ensuring that the contributions are authoritative and well rounded The encyclopedia is divided into seven broad themes including business entrepreneurship human resource management innovation management international business organizational behavior project management supply chain management and sport and tourism management Each section s articles begin with a technical analysis of key definitional issues followed by an exploration of the topic s broader context This structured approach provides a holistic examination of the subjects allowing readers to gain a comprehensive understanding of vital business management concepts Provides a comprehensive overview of the main business management topics Focuses specifically on business management from a range of perspectives Includes new and emerging business management topics Presents an interdisciplinary focus in terms of business management practices Features templates across all chapters for ease of navigation and use *Positive*

*Psychology in the Middle East/North Africa* Louise Lambert, Nausheen Pasha-Zaidi, 2019-03-30 This volume looks at positive psychology from a culturally responsive empirically driven perspective to avoid a descent into pseudoscience Through evidence based regionally relevant topics in the field of well being this volume shows how increasing levels of excellence in the GCC region enhance upon business education research and social innovations Grounded in the empirical research literature each chapter applies psychological concepts to locally relevant considerations such as culture religion and socio political contexts making this book an essential tool for understanding positive psychology and well being in the GCC nations and beyond

*Agile Resilience* Tom Dillon, 2025-02-28 Finalist in the Wellness and Wellbeing Category of the Business Book Awards 2023 Everything you need for strengthening and flexing your resilience muscle Resilience can mean something different to everyone yet it is increasingly necessary to survive in the modern workspace whether that is at home in an office or other place of work Hard times for organisations generally mean harder times for employees often with increased workloads and reduced resources Being able to navigate this environment and remain resilient is preferable but when stress and anxiety take over you need to know how to boost your resilience and look after your own well being An essential read for anyone working today this book focuses on the concept of agile resilience exploring how resilience can be learned chosen developed and adapted to help you cope with the range of circumstances and experiences you may face It explains what resilience is including your own personal take on that what might deplete it the impact of Covid 19 and how you can maintain or replenish it when necessary in order to thrive in your work and life

**Shift** Ethan Kross, 2025-02-04 A revolutionary guide to mastering your emotional life Charles Duhigg Brilliant engaging and deeply insightful Lisa Damour A blueprint for navigating the emotional curveballs that life throws at us every day The New York Times INSTANT NATIONAL BESTSELLER One of Oprah Daily's Best Self Help Books for Personal Growth in 2025 Next Big Idea Club's Highly Anticipated Books and Adam Grant's 10 New Books to Feed Your Mind A myth busting science based guide that addresses the timeless question of how to manage your emotional life using tools you already possess from the bestselling author of *Chatter* Whether it's anxiety about going to the doctor boiling rage when we're stuck in traffic or devastation after a painful break up our lives are filled with situations that send us spiraling But as difficult as our emotions can be they are also a superpower Far from being good or bad emotions are information When they're activated in the right ways and at the right time they function like an immune system alerting us to our surroundings telling us how to react to a situation and helping us make the right choices But how do we make our emotions work for us rather than against us Acclaimed psychologist Dr Ethan Kross has devoted his scientific career to answering this question In *Shift* he dispels common myths for instance that avoidance is always toxic or that we should always strive to live in the moment and provides a new framework for shifting our emotions so they don't take over our lives *Shift* weaves groundbreaking research with riveting stories of people struggling and succeeding to manage their emotions from a mother whose fear prompted her to make a spur of the moment decision that would save her daughter

s life mid flight to a nuclear code carrying Navy SEAL who learned how to embrace both joy and pain during a hellish training activity Dr Kross spotlights a wide array of tools that we already have access to in our bodies and minds our relationships with other people and the cultures and physical spaces we inhabit and shows us how to harness them to be healthier and more successful Filled with actionable advice cutting edge research and riveting stories Shift puts the power back into our hands so we can control our emotions without them controlling us and help others do the same

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