

# Rethinking Positive Thinking

INSIDE THE NEW SCIENCE  
OF MOTIVATION



Gabriele Oettingen

# Online Rethinking Positive Thinking Science Motivation

**Emilie Sanchez**



## **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.

*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 *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 **SUMMARY** Edition Shortcut (author), 1901 *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 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. **Lift Your**

**Impact: Transform Your Mindset, Influence, and Future to Elevate Your Work, Team, and Life** Richard Newman, 2023-05-02 Groundbreaking communication techniques to help professionals increase their impact and influence. Do you want to boost your success and well-being while finding greater fulfillment and purpose in your life and work? Do you want to increase your influence and connection with people and enjoy a more meaningful life? You can achieve this and so much more through the power of Lift. In *Lift Your Impact*, Richard Newman shares the groundbreaking communication techniques that can help you gain the results and respect you deserve. Inside, you'll discover a toolkit of proven, thoroughly researched and tested techniques that can help you: Lift your values to give you internal confidence, alignment, and purpose; Lift your vision to create a better future and gain motivation and fulfillment; Lift your potential to overcome limiting habits and explore your true capabilities; Lift your storytelling to engage and influence people with your words; Lift your stakeholders to help those around you create greater success; Lift your message to inspire and motivate people to act on your ideas; Lift your presence to naturally captivate those around you; Lift your performance to thrive in the moments that matter; Lift your momentum to elevate your work life and legacy. *Lift Your Impact* will provide you with a simple, practical approach that allows you to remove the challenges that are holding you back from success and build the future you truly desire. **We, Robots**

Curtis White, 2015-11-03 In the tradition of Jaron Lanier's *You Are Not a Gadget*, a rousing, sharply argued and yes, inspiring reckoning with our blind faith in technology. Can technology solve all our problems? Despite overwhelming evidence to the contrary, many of our most famous journalists, pundits, and economists seem to think so. According to them, intelligent machines and big data will free us from work, educate our children, transform our environment, and even make religion more user-friendly. This is the story they're telling us that we should stop worrying and love our robot future. But just because you tell a story over and over again doesn't make it true. Curtis White, one of our most brilliant and perceptive social critics, knows all about the danger of a seductive story, and in *We Robots*, he tangles with the so-called thinkers who are convinced that the future is rose-colored and robotically enhanced. With tremendous erudition and a punchy wit, White argues that we must be

skeptical of anyone who tries to sell us on technological inevitability And he gives us an alternative set of stories taking inspiration from artists as disparate as Sufjan Stevens Lars von Trier and Francois Rabelais White shows us that by looking to art we can imagine a different kind of future No robots required

**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 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 **Being a Teacher** Carol Thompson, Peter Wolstencroft, 2021-06-02 Supports trainee and beginning teachers to develop the personal professional skills and behaviours needed to Be a Teacher **The Breakthrough Years** Ellen Galinsky, 2024-03-26 Blending cutting edge research with engaging storytelling The Breakthrough Years offers readers a paradigm shifting comprehensive understanding of adolescence Just wait until they're a teenager Many parents of newborns have heard this warning about the stressful phase that's to come But what if it doesn't have to be that way Child development expert Ellen Galinsky challenges widely held assumptions about adolescents and offers new ways for parents and others to better understand and interact with them in a way that helps them thrive By combining the latest research on cognitive neuroscience with an unprecedented and extensive set of studies of young people nine through nineteen and their families Galinsky reveals among other things that adolescents don't want to separate completely from their parents but seek a different type of relationship that they want to be helpers rather than be helped and that social media can become a positive influence for teens Galinsky's Shared Solutions framework and Possibilities Mindset show you how to turn daily conflicts into opportunities for problem solving where both teens and parents feel listened to and respected how to encourage positive risk taking in your child like standing up for themselves making new friends and helping their communities and how to promote five essential executive function based skills that can help them succeed now and in the future The Breakthrough Years recasts adolescence as a time of possibility for teens and adults offering breakthrough opportunities for connection **Rethinking Positive Thinking**, 2015

**Primed to Perform** Neel Doshi, Lindsay McGregor, 2015-10-06 The revolutionary book that teaches you how to use the cutting edge of human psychology to build high performing workplace cultures Too often great cultures feel like magic While most leaders believe culture is critical to success few know how to build one or sustain it over time What if you knew the science behind the magic a science so predictive and powerful that you could transform your organization What if you could use cutting edge psychology to unlock people's innate desire to innovate experiment and adapt In Primed to Perform Neel Doshi and Lindsay McGregor show you how to do just that The result higher sales more loyal customers and more passionate employees Primed to Perform explains the counter intuitive science behind great cultures building on over a century of academic thinking It shares the simple highly predictive new measurement tool the Total Motivation ToMo Factor that enables you to measure the strength of your culture and track improvements over time It explores the authors original research into how Total Motivation leads to higher performance in iconic companies from Apple to Starbucks to Southwest Airlines Most importantly it teaches you to build great cultures using a systematic and sustainable approach High performing cultures can't be left to chance Organizations must create systems that shape and maintain them Whether you're a five

person team or a startup a school a nonprofit or a mega institution Primed to Perform shows you how P.O.W.E.R. Learning Robert Stephen Feldman, Sheila Chick, 2003 *Psychology* Karen G. Duffy, 1995 Library & Information Science Abstracts, 2008 *Master's Theses Directories*, 2003 Education arts and social sciences natural and technical sciences in the United States and Canada **Academy of Management Annual Meeting** Academy of Management, 2005

**Sociological Abstracts** Leo P. Chall, 2004 CSA Sociological Abstracts abstracts and indexes the international literature in sociology and related disciplines in the social and behavioral sciences The database provides abstracts of journal articles and citations to book reviews drawn from over 1 800 serials publications and also provides abstracts of books book chapters dissertations and conference papers

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## **Table of Contents Online Rethinking Positive Thinking Science Motivation**

1. Understanding the eBook Online Rethinking Positive Thinking Science Motivation
  - The Rise of Digital Reading Online Rethinking Positive Thinking Science Motivation
  - Advantages of eBooks Over Traditional Books
2. Identifying Online Rethinking Positive Thinking Science Motivation
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Online Rethinking Positive Thinking Science Motivation
  - User-Friendly Interface
4. Exploring eBook Recommendations from Online Rethinking Positive Thinking Science Motivation
  - Personalized Recommendations
  - Online Rethinking Positive Thinking Science Motivation User Reviews and Ratings
  - Online Rethinking Positive Thinking Science Motivation and Bestseller Lists
5. Accessing Online Rethinking Positive Thinking Science Motivation Free and Paid eBooks
  - Online Rethinking Positive Thinking Science Motivation Public Domain eBooks
  - Online Rethinking Positive Thinking Science Motivation eBook Subscription Services
  - Online Rethinking Positive Thinking Science Motivation Budget-Friendly Options

6. Navigating Online Rethinking Positive Thinking Science Motivation eBook Formats
  - ePub, PDF, MOBI, and More
  - Online Rethinking Positive Thinking Science Motivation Compatibility with Devices
  - Online Rethinking Positive Thinking Science Motivation Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Online Rethinking Positive Thinking Science Motivation
  - Highlighting and Note-Taking Online Rethinking Positive Thinking Science Motivation
  - Interactive Elements Online Rethinking Positive Thinking Science Motivation
8. Staying Engaged with Online Rethinking Positive Thinking Science Motivation
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Online Rethinking Positive Thinking Science Motivation
9. Balancing eBooks and Physical Books Online Rethinking Positive Thinking Science Motivation
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Online Rethinking Positive Thinking Science Motivation
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Online Rethinking Positive Thinking Science Motivation
  - Setting Reading Goals Online Rethinking Positive Thinking Science Motivation
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Online Rethinking Positive Thinking Science Motivation
  - Fact-Checking eBook Content of Online Rethinking Positive Thinking Science Motivation
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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