



DANA LIGHTMAN, Ph.D.

Absolutely. Positively. Uplifting.

“Create the outcomes you want. Regardless of the circumstances.”

Ideas for Interview Questions

Can a pessimist really become an optimist?

Why do we spend our time “negative shopping?”

What are some common myths about optimism?

Why is POWER Optimism unique?

What should you do when somebody pushes your “hot buttons?”

Why do you say there’s no such thing as difficult people?

How can POWER Optimism save your marriage?

Why is it so important to live your life on an “upward spiral?”

Can you give real life examples of how POWER Optimism works?

How can you be optimistic with all the problems in the world today?

Can you be optimistic and still feel sad and angry?

What do you mean by “self-fulfilling prophesies?”

How can POWER Optimism reduce stress?

What are some tips for bouncing back from disappointments?

If you had only one tip on how to be optimistic, what would it be?

What do you mean by “your reaction to the event is more important than the event itself?”