



# **The Intelligent Optimist's Guide to Life: How to Find Health and Success in a World That's a Better Place Than You Think**

*Jurriaan Kamp*

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The world isn't coming to an end, contrary to what you may have heard. But the media's near-exclusive focus on conflict and disaster means that the progress and everyday acts of brilliance taking place across the globe go unnoticed.

Jurriaan Kamp shows that optimism—intelligent optimism, not a rose-colored-glasses brand of wishful thinking—is good for not only your mind but your body too. He details a whole host of health problems that can actually be linked to pessimism. Moreover, there is good reason for optimism: Kamp proves that on the whole we're living longer, becoming smarter, working less, and growing richer. Not only that, democracy is on the rise, and violence is declining. This book will help you tune out the media's focus on sensationalism and negativity and turn on your natural optimism so you'll drop into a "real world" that's richer than you ever imagined.

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