



# Half Empty, Half Full: Understanding the Psychological Roots of Optimism

*Dr. Susan C. Vaughan*

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**Half Empty, Half Full: Understanding the Psychological Roots of Optimism** Dr. Susan C. Vaughan  
Why do some people lead positive, hope-filled lives, while others wallow in pessimism? In her groundbreaking book, *Half Empty, Half Full*, leading psychiatrist, psychoanalyst, and researcher Susan C. Vaughan reveals the specific character traits that produce highly hopeful individuals and offers fresh and helpful advice on how to become a more optimistic person. Examining the origins of optimism in early childhood and presenting new evidence for the role of biology in how we interpret our experiences, Vaughan shows how optimism is a process, not a state, that is within the grasp of everyone. Informative and uplifting, *Half Empty, Half Full* offers some unusual but proven tricks and techniques to fool the brain's circuitry into looking on the bright side of life.

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