



Martin E. P. Seligman, Ph.D., works on learned helplessness, on depression, on optimism and pessimism, and on positive psychology. He is currently Fox Leadership Professor of Psychology in the Department of Psychology at the University of Pennsylvania. He is well known in academic and clinical circles and is a best-selling author.

Dr. Seligman's bibliography includes more than 20 books and 170 articles on motivation and personality. Among his better-known works are *Learned Optimism* (Knopf, 1991), *What You Can Change & What you Can't* (Knopf, 1993), *The Optimistic Child* (Houghton Mifflin, 1995), *Learned Helplessness* (Freeman, 1975, 1993) and *Abnormal Psychology* (Norton, 1982, 1988, 1995, with David Rosenhan). He is the recipient of two Distinguished Scientific Contribution awards from the American Psychological Association, the Laurel Award of the American Association for Applied Psychology and Prevention, and the Lifetime Achievement Award of the Society for Research in Psychopathology. He holds an honorary Ph.D. from Uppsala, Sweden and Doctor of Humane Letters from the Massachusetts School of Professional Psychology. He received both the American Psychological Society's William James Fellow Award (for contribution to basic science) and the James McKeen Cattell Fellow Award (for the application of psychological knowledge). Dr. Seligman's research and writing has been broadly supported by a number of institutions including The National Institute of Mental Health (continuously since 1969), the National Institute of Aging, the National Science Foundation, the Guggenheim Foundation, and the MacArthur Foundation. His research on preventing depression received the MERIT Award of the Nat...

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#### Speech Topics

- ☐ Youth
- ☐ Motivation
- ☐ Leadership

