

# PRACTICAL OPTIMISM

**A practical program rooted in optimism to help you live fully and joyfully in an imperfect, turbulent world**

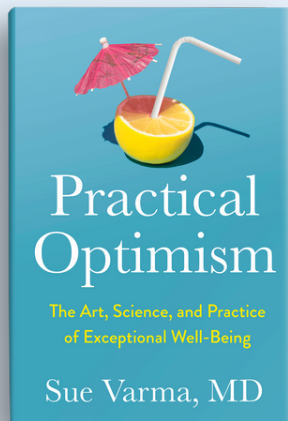
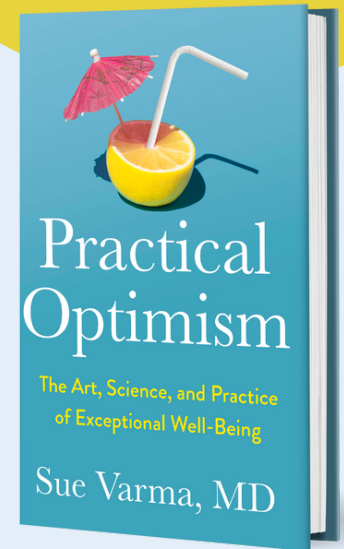


**SUE VARMA, MD**

As the pioneering medical director and attending psychiatrist at the World Trade Center Mental Health Program, Dr. Sue Varma played a crucial role in directly supporting civilian and first-responder survivors in the aftermath of the tragic 9/11 events. In her interactions with people from various walks of life, she saw the full spectrum of stress and trauma – from devastation and stagnation to remarkable resilience and growth. Witnessing this, she became intrigued by how some individuals survive and thrive despite facing immense challenges. How can we navigate stress better by taking control of certain aspects of our lives?

Dr. Varma made a fascinating discovery through her extensive work with patients and a blend of philosophy, personal experiences, and the latest research in psychology, psychiatry, medicine, and neuroscience. She realized that fostering an optimistic mindset firmly grounded in reality is crucial for making wise and reasonable decisions. Moreover, optimism goes beyond just having a positive outlook – it brings about better outcomes. Optimists tend to achieve more success, report higher incomes and job satisfaction, adopt healthier habits, build stronger relationships, and experience greater overall life satisfaction, ultimately leading to increased happiness.

However, what if you weren't naturally inclined toward optimism from birth?



"Practical Optimism," as Dr. Sue Varma explains, "is a unique mindset and skill set that equips individuals with evidence-based tools and techniques to not only overcome challenges but also to propel themselves towards their career, financial, fitness, personal, and relationship goals, all the while maintaining the momentum necessary to achieve future aspirations, regardless of where they stand on their life journey. It's more than just an attitude; it's a conscious choice and a daily practice."

Through the practice of Practical Optimism, Dr. Varma empowers all of us to lead lives filled with joy, purpose, and resilience. This book isn't about magical thinking. Practical optimists are resourceful, realistic, and thoughtful problem solvers who possess something of rare value: the inner resources to cope during a crisis and to use as fuel to flourish. Practical optimism is a transformative approach to experiencing greater meaning, mastery, and acceptance. Complete with self-assessment quizzes and exercises; Practical Optimism will help us all see the world for the better and reach our true potential. Practical Optimism is a scientific and tangible pathway to boosting health, happiness, resilience, success, and longevity.

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**"Optimists may be born, but practical optimists are made."**