



# Psychology of Hope: You Can Get Here from There

*C.R. Snyder*

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# Psychology of Hope: You Can Get Here from There

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## **Psychology of Hope: You Can Get Here from There** C.R. Snyder

Why do some people lead positive, hope-filled lives, while others wallow in pessimism? In *The Psychology of Hope*, a professor of psychology reveals the specific character traits that produce highly hopeful individuals. He offers a test to measure one's level of optimism and gives specific advice on how to become a more hopeful person.



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