Optimism can seem like an elusive, intangible concept that is challenging to apply in our day-to-day lives. The Optimist’s Manifesto is a guide book for practical optimism. Practical optimism is the ability to see the possibility of the most favorable outcomes, and act in a way that moves toward the most favorable outcomes becoming a reality.

Divided into 5 categories with several section topics each (examples included below), this book provides tips and tools to be more optimistic in all aspects of life:

- Optimism & Work
  - Collaborate, Don’t Compete

- Optimism & Relationships
  - See the Light in Others

- Optimism & Community
  - Leave the World a Bit Better

- Optimism & Self
  - Build Your Life Around What Matters Most

Living Optimistically
- What You Do With the Glass is More Important than How You See it

Testimonials
It’s rare to find someone who is an inspiring and a gifted communicator. And when that person is also THE messenger for how to live, work and create from a place of optimism, that person can be none other than Elizabeth Shaw. Elizabeth knows how to ask just the right questions and guide you toward more meaning and fulfillment in all aspects of life.

~ Alexia Vernon, Author of Step into Your Moxie

Elizabeth has the uncanny ability to draw you out and draw you in at the same time. She engages in a way that makes you truly feel like you’re not alone and then helps guide your way to living more optimistically. What a gift!

~ Ally Donnelly – Reporter, NBC Boston

The Optimist’s Manifesto is not only a guide to optimism, it is a guide to life. The book has helped me address negative patterns in my own life as if I’m receiving a hug and encouraging nudge from a close friend. The approachable writing style and critical life lessons have made this book required reading in the courses I teach.

~ J. Chapman - Researcher and Professor of Human Design, Stanford University