More than 60 years have passed since the time when American priest and theologian Norman Peale had offered his famous theory of positive thinking.It has nothing to do with ignorant optimism, when an individual refuses to notice a problem; positive thinking is a kind of self-talk.People who think positively demonstrate increased life spans, lower rates of depression and distress, better physical and psychological well-being, reduced risks of death from cardiovascular diseases, and other attributes (Mayo Clinic).Though it was heavily criticized by the psychiatric community, Peale's book describing this theory has become extremely popular all around the world, and has been reported to cause intense positive changes in the lives of those who read it. Since then, many philosophers and writers approached the topic of positive thinking; the reason of their theories' popularity is that they often offer a real alternative to the common and regular way of thinking.For example, researchers have found that in the case of a crisis accompanied by strong emotions, such as a terroristic attack or a natural disaster, positive thinking can provide a sort of buffer against depression and distress (About.com).It also makes people who practice it less prone to stress, and allows them to cope with problems more effectively, and without severe emotional discomfort.On the other hand, pessimists tend to perceive problems as a source of additional stress, and often feel discouraged way before trying to solve the problem, even if the issue is insignificant.