منابع کتاب
تلهٔ بدبینی

Introduction

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2. **"Even when she was in the pits of despair, she only gave me light":** This quote, like many in this book, is drawn from materials shared by Emile's family and friends. In this case, credit goes to Shawn Kornhauser, who recorded a talk that Emile gave shortly after his diagnosis; see Annenberg School for Communication, "Emile: The Mission of Emile Bruneau of the Peace and Conflict Neuroscience Lab," YouTube, October 9, 2020. Other contributors to Emile's presence in this book can be found here in the notes, and in the acknowledgments.

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in Hostility from College to Midlife in the UNC Alumni Heart Study Predict High-Risk Status," *Psychosomatic Medicine* 65, no. 5 (2003): 738–45; Olga Stavrova and Daniel Ehlebracht, "Cynical Beliefs About Human Nature and Income: Longitudinal and Cross-Cultural Analyses," *Journal of Personality and Social Psychology* 110, no. 1 (2016): 116–32.

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Chapter 1: Signs and Symptoms

1. **the Diogenes Club:** *Arthur Conan Doyle, The Adventure of the Greek Interpreter, 1893.*

2. **Diogenes of Sinope:** Diogenes was not the first cynic; that title belongs to Antisthenes, a student of Socrates. However, Diogenes popularized the philosophy and is its most famous standard-bearer today. See Ansgar Allen, *Cynicism* (Cambridge, MA: MIT Press, 2020); Arthur C. Brooks, "We've Lost the True Meaning of Cynicism," *Atlantic*, May 23, 2022.

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34. **more infection and death among low-trust nations:** Henrikas Bartusevičius et al., "The Psychological Burden of the COVID-19 Pandemic Is Associated with Antisystemic Attitudes and Political Violence," *Psychological Science* 32, no. 9 (2021): 1391–403; Marie Fly Lindholt et al., "Public Acceptance of COVID-19 Vaccines: Cross-National Evidence on Levels and Individual-Level Predictors Using Observational Data," *BMJ Open* 11, no. 6 (2021): e048172.

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39. **"because he was happy with nothing":** Janet Lewis, a member of the rugby team whom Emile coached and his frequent travel companion, personal communication, December 13, 2022.

40. **fed up with its glitzy fundraisers:** Jeff Freund, a rugby teammate and fraternity brother of Emile's, personal communication, December 13, 2022.

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Chapter 2: The Surprising Wisdom of Hope

1. **choose a cynic or a non-cynic:** Olga Stavrova and Daniel Ehlebracht, "The Cynical Genius Illusion: Exploring and Debunking Lay Beliefs About Cynicism and Competence," *Personality and Social Psychology Bulletin* 45, no. 2 (2019): 254–69.

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moral failures, while Patrick Stewart's Jean-Luc Picard argues for the defense.

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Opinion in Psychology 25 (2019): 26–30; Jaakko Tammilehto et al., "Dynamics of Attachment and Emotion Regulation in Daily Life: Uni- and Bidirectional Associations," *Cognition & Emotion* 36, no. 6 (2022): 1109–31.

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24. **"through no fault of their own":** Janet Lewis, personal communication, December 13, 2022.

25. **more likely to help strangers:** Michal Bauer et al., "Can War Foster Cooperation?," *Journal of Economic Perspectives* 30, no. 3 (2016): 249–74; Patricia A. Frazier, Amy Conlon, and Theresa Glaser, "Positive and Negative Life Changes Following Sexual Assault," *Journal of Consulting and Clinical Psychology* 69, no. 6 (2001): 1048–55; Daniel Lim and David DeSteno, "Suffering and Compassion: The Links Among Adverse Life Experiences, Empathy, Compassion, and Prosocial Behavior," *Emotion* 16, no. 2 (2016): 175–82.

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tional Engagement," *Journal of Marital and Family Therapy* 43, no. 2 (2016): 213–26.

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31. **openness can help others feel safe:** Julia A. Minson and Frances S. Chen, "Receptiveness to Opposing Views: Conceptualization and Integrative Review," *Personality and Social Psychology Review* 26, no. 2 (2021): 93–111; Harry T. Reis et al., "Perceived Partner Responsiveness Promotes Intellectual Humility," *Journal of Experimental Social Psychology* 79 (2018): 21–33.

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Chapter 3: Preexisting Conditions

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Chapter 6: The (Social) Water Is Just Fine

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Chapter 7: Building Cultures of Trust

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Hope for Cynics

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