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## **Touching Infinity, Memoirs of a Positive Psychologist**

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Touching Infinity is both a personal memoir on becoming a psychologist and a treatise on how to apply the principles of Positive Psychology to psychotherapy and in our own lives generally to achieve greater happiness and fulfillment. Dr Uhlig offers specific techniques and tools that have worked for him over the years to those working in the field of Positive Psychology to improve their practices.

Dr Uhlig is a licensed New York State Clinical Psychologist.

He has over twenty years helping others improve their life and alleviate psychological issues of depression, anxiety, and trauma. Before becoming a psychologist, he has worked as a computer programmer, financial analyst, consumer product manager, project manager, military officer, photographer, graphics production artist, corporate communications consultant, commodities trader, and a recruiter with major corporations in New York City.

He specializes in cognitive behavioral therapy, mindfulness and Transcendental Meditation, Gestalt Therapy, hypnotherapy, business coaching and vocational counseling. His educational resume includes an MBA from New York University, a Masters in East Asian Studies from the University of Michigan, and a Ph.D in Psychology from Walden University.

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