



Perspective: The Calm Within the Storm (Hardback)

By Robert J. Wicks

Oxford University Press, United Kingdom, 2014. Hardback. Condition: New. New. Language: English . Brand New Book. How we see the world and ourselves is more important than what we see or have. Our perspectives are what matter. Classic wisdom literature has emphasized this for generations and clinical psychology has followed suit from its inception. In essence, living with a healthy perspective is truly tantamount to possessing the proverbial psychological pearl of great price. Knowing this, Robert J. Wicks, world-renowned psychologist and author of *Bounce: Living the Resilient Life*, has assembled and offered readers the most current and powerful approaches to discovering and regaining a balanced, healthy perspective that modern psychology has to offer. In *Perspective*, Wicks combines top research with classic wisdom, providing accessible, practical advice to his readers. In a lively tone, he guides them through strategies on: -Understanding how the psychology of gratitude and happiness can help you perceive the beneficial things already in your life -Seeing yourself more completely through the lens of cognitive behavioral therapy, positive psychology, and narrative therapy -Overcoming resistances to openness so that beneficial, needed change becomes more possible -Following a reflective regimen that can help you maintain a healthy perspective each day...



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