



Choosing Positive Perspectives: 32 Reflections for Living a Happy Life

David M. Burns LCSW

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Perspective represents the viewpoint of our many life experiences. Not necessarily a constant, it often changes as we assimilate new information into our consciousness. Ever notice how many times we cheer for a villain at the end of a movie because they suddenly do something selfless and heroic? Or, how often does a crisis allow us to experience personal growth? In both these instances, our assessments change. We see the villain in a new light. We recognize the ways a particular crisis helped us change for the better. This is a book about how positive based perspectives lead to a happy and fulfilling life.

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