



*In Touching Infinity*, Dr. Uhlig recounts the story of his life and the different lessons he has learned as a psychologist, Air Force Intelligence Officer, and teacher of Transcendental Meditation. He describes the value of Positive Psychology in recovering and adapting to our post-Covid pandemic experience as a society as well as finding lasting happiness within us all from the “Good Life” the Greeks described

to the Enlightenment the Hindu gurus have given us to understand.

Doug 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, 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.



*Touching Infinity* Memoirs of a Positive Psychologist • Doug Uhlig, Ph.D.

# *Touching Infinity*

## *Memoirs of a Positive Psychologist*

Doug Uhlig, Ph.D.