

The triumphant book by the
bestselling author who taught us
how our minds can make us well

Norman Cousins

author of

Anatomy of an Illness

HUMAN OPTIONS

“An antidote to despair...
his anthem for humanity”
—Washington Post

Contents

1	The Twentieth Century as Classroom	15
2	Learning as the Natural Habitat of Options	22
3	Survival as an Option	46
4	Options in Jeopardy	72
5	Freedom as Teacher	90
6	Ways of Seeing	128
7	The Cosmic Classroom	161
8	Creative Options	175
9	Healing and Belief	205