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"For all those who are tired of the usual self-help formula--homespun anecdotes, upbeat platitudes, over-the-top promises--Richard Wiseman's 59 Seconds is just what the PhD ordered." — The Wall Street Journal "Seemingly perfect for this age of short attention spans and instant gratification." — The Chronicle Herald

59 Seconds: Change Your Life in Under a Minute: Wiseman ...

In "59 Seconds," psychologist Professor Richard Wiseman presents a fresh approach to change that

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helps people achieve their aims and ambitions in minutes, not months.

59 Seconds: Think a Little, Change a Lot by Richard Wiseman

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Author: Richard Wiseman Amazon links: Print | Kindle Book | Audiobook 59 seconds is one of my favorite self-help books because it uncovers many hot self-help myths with science. Almost everything in it is backed by fascinating research; it also offers a bite-size action you can take to live happier, perform better, procrastinate less, improve your relationships and reduce your stress level.

Book Summary: 59 Seconds by Professor Richard Wiseman

59 Seconds by Richard Wiseman. Print | Kindle. The Book in Three Sentences. Many people are interested in self-help because it offers quick and easy solutions to various issues in their lives. The problem is most self-help techniques are ineffective.

Book Summary: 59 Seconds by Richard Wiseman

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59 Segundos: Piensa Un Poco Para Cambiar Mucho

59 Segundos – Richard Wiseman. Autoayuda, Desarrollo Personal. 2 comentarios ¿Quieres mejorar un aspecto importante de tu vida? ¿Quizá perder peso, encontrar al compañero perfecto, lograr el trabajo de tus sueños o, simplemente, ser más feliz? Intenta realizar este sencillo ejercicio: Cierra

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A.L. Kennedy, on 59 Seconds “At the climax, with the scuttling disembodied hand, the boy on my left leant forward, face glowing with wonder. He was clearly experiencing magic.” The Times review of ‘Coraline’, magic devised by Richard Wiseman and David Britland “... an uplifting, thought-provoking and frequently hilarious” ...

Richard Wiseman

“59 Seconds” is a self-help book. But, as a review in New Scientist was quick to point out – it’s not your regular self-help book. The difference: there’s not one single technique Wiseman illustrates that isn’t backed by evidence and serious, peer-reviewed studies.

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59 segundos: Piensa un poco para cambiar mucho ... RICHARD WISEMAN El profesor Richard Wiseman inició su vida laboral como un mago profesional galardonado con múltiples premios. Tras concluir su licenciatura en psicología, pasó cuatro años estudiando a videntes, adivinos y médiums como parte de su doctorado en la Unidad de Parapsicología ...

59 segundos: piensa un poco, cambia mucho - Richard John ...

Este libro es una interesante recopilación de estudios científicos, que Richard Wiseman nos presenta de forma resumida con su aplicación en la vida real en 59 segundos o menos. Aunque haya algunos que sean un poco tontos, cada lector podrá encontrar algo en este estudio que le reafirme en sus convicciones o que las haga temblar.

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59 SECONDS 10 scientifically-supported tips to increase your chances of achieving your goals..... 1. Only have one main goal - Many people make the mistake of trying to achieve too much. The chances of success are greater when people channel their energy into changing just one aspect of their behaviour at a time. 2.

ACHIEVE YOUR GOALS IN 59 SECONDS - Richard Wiseman

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In 59 Seconds psychologist Richard Wiseman exposes modern-day mind myths promoted by the self-help industry, and outlines quick and quirky techniques that help people to achieve their aims in minutes, not months.

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