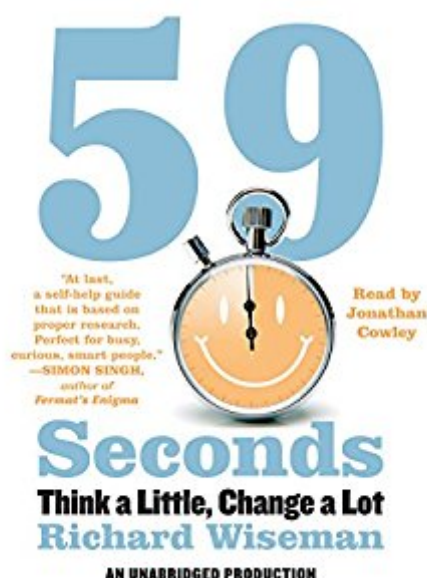


The book was found

59 Seconds: Think A Little, Change A Lot



Synopsis

A psychologist and best-selling author gives us a myth-busting response to the self-help movement, with tips and tricks to improve your life that come straight from the scientific community. Richard Wiseman has been troubled by the realization that the self-help industry often promotes exercises that destroy motivation, damage relationships, and reduce creativity: the opposite of everything it promises. Now, in *59 Seconds*, he fights back, bringing together the diverse scientific advice that can help you change your life in under a minute, and guides you toward becoming more decisive, more imaginative, more engaged, and altogether more happy. From mood to memory, persuasion to procrastination, resilience to relationships, Wiseman outlines the research supporting the new science of "rapid change" and, with clarity and infectious enthusiasm, describes how these quirky, sometimes counterintuitive techniques can be effortlessly incorporated into your everyday life. Or, as he likes to say: "Think a little, change a lot." --This text refers to the Paperback edition.

Book Information

Audible Audio Edition

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Best Sellers Rank: #129 in Books > Medical Books > Psychology > Applied Psychology #302 in Books > Health, Fitness & Dieting > Psychology & Counseling > Applied Psychology #694 in Books > Audible Audiobooks > Health, Mind & Body > Psychology

Customer Reviews

This is an easy and enjoyable book to read - the kind that you can dip in and out of, picking up interesting tips along the way. For each topic, Wiseman discusses a number of research experiments (both his own and ones done by others) and then gives a number of concrete suggestions on how you can quickly implement these findings (although 59 seconds is often a stretch). And why the title of this review? Because one of the things I learned from reading this book was the fact that if you've just had a caffeinated drink, you are far more likely to be swayed by

someone else's opinion! The book is based on the premise that quick techniques can sometimes be surprisingly effective at helping us to change and explains (based on research studies) which ones work and which don't. Some examples that I found interesting were:- a simple five day writing exercise that can lift your mood for several weeks- how to create the perfect plan to achieve almost any goal- how spending money on experiences is a far more effective way to make yourself happy than spending it on things- how punching a pillow to relieve anger actually increases your anger, while sitting quietly and thinking about how you benefited from the experience has the opposite effect- conversational techniques that can build instant rapport on a first date- exercises to stimulate the unconscious mind that lead to better decision making- simple tests to assess your child's emotional intelligence. Like Quirkology: The Curious Science of Everyday Lives, the book also has lots of facts that seem to have been included just because they're interesting.

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