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

59 Seconds: Think a Little, Change a Lot. In "59 Seconds," psychologist Professor Richard Wiseman presents a fresh approach to change that helps people achieve their aims and ambitions in minutes, not months.

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Book Summary: 59 Seconds by Professor Richard Wiseman

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This costs you nothing extra - it simply allows me to keep my cats in the lifestyle they're accustomed to. A few pages into 59 Seconds: Think a Little, Change a Lot, I thought “ This is going to be one cool little book. ” . Halfway through (on about page 189 out of nearly 300 pages), I thought, “ This is proving to be one cool little book. ” . After finishing the book, I thought, “ This little book was even cooler than I thought it was going to be. ” .

59 Seconds: Think A Little, Change a Lot! | Self Help Daily

If you want to learn more things like these, please read Richard Wiseman ' s “ 59 Seconds ” . Key Lessons from “ 59 Seconds ” 1. It Takes Just a Little Time to Change Your Life for the Better 2. Science Is Important – Because It ' s Science 3. Do Yourself a Favor and Write Own Eulogy. It Takes Just a Little Time to Change Your Life for the Better. There are few things more difficult than changing your habits.

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Why is the book 59 Seconds: Think a Little, Change a Lot by Richard Wiseman a different kind of self-help book? It's because Richard Wiseman has actually looked into real self-help techniques that have actually been tried out to see if they work or not.

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59 Seconds – Think a Little, Change a Lot (My Review and ...

Although 59 seconds has an interesting topic, it misses the stated objective ' think a little, change a lot'. The book tries to come up with as much as possible myth-busting ideas about the human psychology, but lacks structure.

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