

59 Seconds Think A Little Change A Lot

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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.

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

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59 Seconds: Think A Little Change A Lot. 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

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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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