



59 Seconds

By Richard Wiseman

Pan Macmillan Jan 2015, 2015. Taschenbuch. Book Condition: Neu. 195x128x27 mm. Neuware - Most people would like to be more creative, more persuasive and more attractive. For years, gurus and 'life coaches' have urged people to improve their lives by changing the way they think and behave, but scientific research has revealed that many of their techniques, from group brainstorming to visualization, are ineffective. Fortunately, in 59 Seconds psychologist Richard Wiseman is on hand to provide fast-acting, myth-busting scientific answers to a huge range of everyday problems. From job-hunting to relationships, and from parenting to self-esteem, personal and professional success may be less than a minute away . . . Find out why putting a pencil between your teeth instantly makes you feel happier Discover why even thinking about going to the gym can help you keep in shape Learn how putting just one thing in your wallet will improve the chance of it being returned if lost 357 pp. Englisch.



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