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59 Seconds Summary "Happiness doesn't just flow from success, it actually causes it." "When people can afford the necessities in life, an increase in income does not result in a significantly happier life."

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1-Sentence-Summary: 59 Seconds shows you several self-improvement hacks, grounded in the science of psychology, which you can use to improve your mindset, happiness and life in less than a minute.

59 Seconds Summary - Four Minute Books

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. From mood to memory, persuasion to procrastination, and resilience to relationships, Wiseman outlines the research supporting this

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

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

Written summary at <http://bestbookbits.com> 59 Seconds: Change Your Life in Under a Minute by Richard Wiseman in 9 minutes This book was published in 2010 and in at ...

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'59 seconds: Think a little, change a lot' is a perfect self-help book that is going to help one achieving one's aims. Bhuvu Jain has picked the most important things to learn from this amazing book and has put together this lesson for all of us.

Book Summary: 59 Seconds: Think A Little - Unacademy

You can change your life in 59 seconds by dropping your pet frog into conversation or keeping a picture of a

baby in your wallet, according to a new science-based book by popular psychologist ...

Ten ways to change your life in 59 seconds - Telegraph

Frank Gannon reviews Richard Wiseman's "59 Seconds: Think a Little, Change a Lot"

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