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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.

### **59 Seconds: Think A Little Change A Lot - Dean Yeong**

Editions for 59 Seconds: Think a Little, Change a Lot: 023074429X (Paperback published in 2010), 0307474860 (Paperback published in 2010), (Kindle Editio...

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59 Seconds: Think a Little, Change a Lot (Borzoi Books) is filled with self improvement tips and self growth advice. The thing I love the most is that each one is backed up with research and explained in detail – with each “ Why? ” answered beautifully.

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— Richard Wiseman, 59 Seconds: Think a Little, Change a Lot. 2 likes. Like “Thomas Gilovich from Cornell University and his colleagues undertook a series of studies in which they forced people to wear Barry Manilow T-shirts.7” — Richard Wiseman, 59 Seconds: Think a Little, Change a Lot.

### **59 Seconds Quotes by Richard Wiseman - Goodreads**

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Change Your Life in Under a Minute, aka Think a Little, Change a Lot By now, you’ve certainly read quite a few books promising to change your life . The reason none of them has so far worked is

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## **Amazon.com: Customer reviews: 59 Seconds: Think a Little ...**

You don't have to read very far into 59 Seconds: Think a Little, Change a Lot (Amazon), before you realize that Richard Wiseman is a man who does his homework. Shortly after his encounter with Sophie, a bright, successful management consultant, the author describes collecting hundreds of behavioral research studies on the subject of increasing happiness.

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