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Finished 59 Seconds: Think a Little, Change a Lot by Richard Wiseman (3/5). Books in the self help genre tend to promise quick fixes grounded in little evidence (and, not uncommonly, contradicting actual evidence).

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

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Richard Wiseman, author of 59 Seconds, explains the philosophy behind his book: when it comes to changing your life, the self-help movement has it wrongâ€”but science has got it right.

Changing Your Life in 59 Seconds

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