

Richard WISEMAN



Titulo original: *59 Seconds. Think a little, Change a lot*

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59 Segundos Richard Wiseman Pdf

Richard John Wiseman



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59 segundos Richard John Wiseman, 2010 Por qu los libros de autoayuda proponen soluciones tan complicadas El catedr tico de psicolog a Richard Wiseman expone los mitos modernos de la mente promovidos por la industria de la autoayuda y presenta un nuevo enfoque para el cambio que ayuda a individuos a lograr sus metas y ambiciones en cuesti n de minutos no de meses Del estado de nimo a la memoria de la persuasi n a la procrastinaci n y de la resistencia a las relaciones Wiseman resume las investigaciones en las que se apoya la nueva ciencia del cambio r pido y describe c mo estas t cnicas tan veloces y poco convencionales pueden incorporarse a la vida cotidiana Averigua c mo ser m s creativo y productivo gracias a las plantas Descubre por qu ponerte un l piz entre los dientes hace que te sientas m s feliz

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