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59 SECONDS THINK A little change a lot - Books that can ...

59 Seconds: Think A Little Change A Lot. Author: Richard Wiseman. Amazon links: [Print](#) | [Kindle Book](#) | [Audiobook](#). 59 seconds is one of my favorite self-help books because it uncovers many hot self-

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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.

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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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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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As the author of Quirkology, The Luck Factor and the 2010 international bestseller 59 Seconds: Think a Little, Change a Lot, Richard Wiseman is already among a small band of working psychologists...

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