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In "59 Seconds," psychologist Professor Richard Wiseman presents a fresh

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approach to change that helps people achieve their aims and ambitions in minutes, not months.

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

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Most people would like to be more creative, more persuasive and more attractive. For years, gurus and 'life coaches' have urged people to improve their lives by changing the way they think

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better, procrastinate less, improve your relationships and reduce your stress level.

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If you want to learn more things like these, please read Richard Wiseman’s “59 Seconds”. Key Lessons from “59 Seconds”

1. It Takes Just a Little Time to Change Your Life for the Better
2. Science Is Important – Because It’s Science
3. Do Yourself a Favor and Write Own Eulogy.

It Takes Just a Little Time to Change Your Life for the Better. There are few things more difficult than changing your habits.

59 Seconds PDF Summary - Richard

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how to be happy, have creative ideas, want to give your children the best opportunities and never regret your decisions, 59 seconds think a little, change a lot is meant for you: it offers a scientific perspective on 10 key areas of personal development. By Richard Wiseman, 2009, 287 pages, original title: 59 seconds think a little, change a lot.

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Why is the book 59 Seconds: Think a Little, Change a Lot by Richard Wiseman a different kind of self-help book? It's because Richard Wiseman has actually looked into real self-help techniques that have actually been tried out to see if they work or not.

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Although 59 seconds has an interesting topic, it misses the stated objective 'think a little, change a lot'. The book tries to come up with as much as possible myth-

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busting ideas about the human
psychology, but lacks structure.

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