

59 Seconds  
Richard Wiseman

Author bio:

Richard Wiseman is based at the University of Hertfordshire in the United Kingdom and has gained an international reputation for research into offbeat areas of psychology, including deception, humor, and luck. He is the author of The Luck Factor, Quirkology, and numerous other books.

In 59 Seconds, Professor Richard Wiseman provides numerous quick and practical ways to improve your life gleaned from today's cutting edge science, and in the process gives a psychologist's myth-busting response to the self-help movement. From mood to memory, persuasion to procrastination, and resilience to relationships, Wiseman outlines the research supporting this new science of rapid change and describes how these quirky techniques can be incorporated into everyday life:

- Find out why putting a pencil between your teeth instantly makes you feel happier
- Discover why even thinking about going to the gym can help you keep in shape
- Learn how putting just one thing in your wallet will improve the chance of it being returned if lost
- Discover why writing down your goals is more effective than visualizing them
- Find out why retail therapy doesn't work to improve mood and what does
- A person can become more creative by lying down?
- It's beneficial for your emotional health to give rather than to receive
- A light touch on the arm attract the opposite sex
- Putting a plant in your office can improve your productivity
- You can improve your social life by making mistakes
- Get in touch with your inner Leonardo by merely glancing at modern art
- Is the real art of seduction as simple as going on rollercoaster rides and avoiding artificial Christmas trees?
- Can velcro really help couples stick together?
- Instantly divine a child's destiny using just three marshmallows
- What does your bedtime say about you?