

# [PDF] 59 Seconds: Change Your Life In Under A Minute

**Richard Wiseman - pdf download free book**

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**Books Details:**

Title: 59 Seconds: Change Your Life  
Author: Richard Wiseman  
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**Description:**

**An easy-to-use, concise guide to changing your life in under a minute, backed by cutting-edge scientific research.**

Bestselling author and psychologist Richard Wiseman had become increasingly frustrated with the self-help industry and its snake-oil treatments. Here, bringing together a remarkably diverse range of scientific data, he has crafted a no-nonsense response to their ineffectual programs. Filled with

tips and tricks that come straight from the latest scientific journals and his own original research, Wiseman outlines the new science of "rapid change" and describes with clarity and infectious enthusiasm how these quirky, sometimes counterintuitive techniques can be effortlessly incorporated into your everyday life.

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