

# 59

## *seconds*

CHANGE YOUR LIFE  
IN UNDER A MINUTE

**RICHARD WISEMAN**

"Could actually help you be a little happier, perform better at interviews, procrastinate less, improve your relationships, reduce your stress levels and be a better parent." —*The New Scientist*

# 59 Seconds Change Your Life In Under A Minute

**John Hargrave**



## **59 Seconds Change Your Life In Under A Minute:**

**59 Seconds** Richard Wiseman, 2010-12-28 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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**59 Seconds** Richard John Wiseman, 2011 Challenges popular self help practices while sharing scientifically based tips for improving life addressing a variety of topics from bolstering creativity and maximizing emotional well being to attracting the opposite sex and increasing productivity

*Change Your Life 3-in-1 Collection* Julie Schooler, 2021-02-15 This is not said lightly this boxset WILL change your life Do you feel like your life is going nowhere Do you struggle to get out of bed each morning Do you feel like there is a more exciting or meaningful life you could be living This Change Your Life 3 in 1 Collection helps you take action towards your best life and do what makes your heart sing Follow the short chunked down chapters in this boxset to understand your true self better rediscover buried desires and long held passions know exactly how to determine what you want in life lead and inspire others to live life on their own terms wake up each morning with a sense of excitement and zest for life spend quality time with friends and family doing fun things together feel like you are living the life you were meant to live one with excitement meaning and true joy

Bucket List Blueprint will give you practical advice to write the best bucket list personalized for your circumstances and most importantly how to check off items so that you start bringing your dreams to life It will also cut through the confusion around what a bucket list is and is not it is definitely not just for the terminally ill or nearly dead provide compelling reasons why a bucket list is an essential part of life tell you exactly what to do to discover items for your personal bucket list Don t wait until you almost kick the bucket to read this book Download it today and live a breathtaking life where your long held dreams turn into amazing memories I loved the acronyms they gave me a great start to building my before 40 bucket list Let the fun times roll You will be supercharging your way to a richer life in no time as you check off your bucket list Super Sexy Goal Setting

will give you the simplest and most fun way to set goals that lead to a life you love It will also help you easily set goals that are perfect for you explain how super sexy goals give you MORE time and energy yes really detail what to do to work out your goals even if you have never set goals before Don t wait until another year rolls by with failed New Year s resolutions Four super sexy goals One year Your life transformed Takes you by the hand step by step so that by the end of the book even a goal setting novice will have an action plan I feel so much more in control and excited to achieve my goals Find Your Purpose in 15 Minutes delivers a handy tool to help you discover your life purpose in a matter of minutes It will also give you A definition for purpose that is easy to understand A simple template to write out your ideal purpose statement A 15 minute exercise that creates your best purpose step by step An ideal purpose that feels profoundly significant and unique to you There is a light inside of you that has been dimmed for far too long Let the world see you shine The exercise is fun and the result is something that feels personal and genuinely meaningful Finding my purpose using the process in this book was amazingly quick delightful and satisfying and also unexpectedly moving I found myself in tears of happiness What s stopping you from being the happy energized and successful person you always thought you would be To add some much needed clarity direction and joy back into your life buy this boxset today [Super Sexy Goal Setting](#) Julie Schooler, 2021-01-12

Forget SMART goals You need super sexy goals Have your attempts at setting goals been too exhausting Are you sick of New Year s resolutions that go nowhere Does goal setting seem so serious and boring it puts you off completely This book overthrows traditional goal setting practices to help YOU to discover your super sexy goals that will make your life exciting and meaningful once again Super Sexy Goal Setting will give you the simplest and most fun way to set goals that lead to a life you love This entertaining and easy to read book will also cut through the confusion so you can easily set goals that are perfect for you tell you exactly what to do to work out your goals even if you have never set goals before provide compelling reasons why super sexy goals give you MORE time and energy yes really We are promised that goal setting is an amazing way to transform our lives for the better but it often seems like a hard chore that can often end in failure It doesn t have to be this way Super Sexy Goal Setting narrows the focus to just FOUR exciting and meaningful goals in a 12 month period This book distills an avalanche of information and all the learnings from years of goal setting into simple and practical tips to help you write your super sexy goals and then take action without the overwhelm Goal setting need not be boring complicated or serious Four super sexy goals One year Your life transformed Follow the short chunked down chapters in Super Sexy Goal Setting to lead and inspire others to live life on their terms wake up each morning with a sense of excitement and zest for life know exactly how to decide what you want in life not what you don t want feel like you are living the life you were meant to live one with excitement meaning and true joy In less than a couple of hours this book will give you the exact blueprint that will make it effortless and exciting to discover and take action on your most desirable goals This is the most fun stress free and of course SUPER SEXY book on goal setting you will ever read This is a short book but and this is not said lightly it will

change your life Follow the simple strategy in Super Sexy Goal Setting and give yourself the best gift of all a feeling of accomplishment in achieving exactly what you want in life What s stopping you from being the happy energized and successful person you always thought you would be Don t wait until another year rolls by with failed New Year s resolutions To add some much needed clarity direction and joy back into your life buy this book today **Summary of 59 Seconds by Richard Wiseman** QuickRead,Alyssa Burnette, A creative approach to changing your life in under a minute Written by a world renowned experimental psychologist 59 Seconds 2010 is a creative revolution that challenges the traditional self help book by providing practical life hacks for changing your life in under one minute Do you want more free book summaries like this Download our app for free at <https://www.QuickRead.com> App and get access to hundreds of free book and audiobook summaries **DISCLAIMER** This book summary is meant as a summary and an analysis and not a replacement for the original work If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be If you are the original author of any book published on QuickRead and want us to remove it please contact us at [hello@quickread.com](mailto:hello@quickread.com) **Mind Hacking** John Hargrave,2017-09-12 Presents a twenty one day three step training program to achieve healthier thought patterns for a better quality of life by using the repetitive steps of analyzing imagining and reprogramming to help break down the barriers including negative thought loops and mental roadblocks

**Weird-o-Pedia** Alex Palmer,2017-09-19 Check out the weird and wonderful facts in this massive encyclopedia of alphabetized oddities HUMANS ARE THE ONLY ANIMALS THAT ENJOY SPICY FOOD there s a reason no one sells Tabasco flavored cat food NAPPING CAN SAVE YOU FROM A HEART ATTACK assuming you are not operating heavy machinery at the time PSYCHOLOGISTS CAN ASSESS YOUR PERSONALITY FROM HOW YOU DIP FRIES IN KETCHUP nice fries sociopath SURFING THE INTERNET ACTUALLY MAKES YOU SMARTER but not as smart as reading this book will Now the next time someone tells you smugly that Pluto isn t a planet you can counter with any one of these hundreds of weird facts and remain king or queen of the cocktail or kegger chatter Rebelliously Happy 3-in-1 Collection Julie Schooler,2021-02-15 This is not said lightly this boxset WILL help you to be happy no matter what Do you struggle to get out of bed each morning Do you feel anxious stressed and overwhelmed every single day Have you got a fairly decent life and still feel something is missing This Rebelliously Happy 3 in 1 Collection has the wisdom and tools to help you become less busy and distracted and instead focus on being rebelliously happy Follow the short chunked down chapters in this boxset to find out how to control your thoughts so they work for you use natural daily rituals to feel in control in this uncertain time learn a simple three step process for handling your emotions better bust myths around meditation and learn how to do it easily every day discover how breathing the right way can change your life yes really reclaim all that fun love and energy you know you still have deep inside you Rediscover Your Sparkle will give you all the ingredients you need to create a delicious and simple recipe to rediscover your sparkle It will provide compelling reasons why a gratitude practice is a game changer upgrade your

joy to a level that most people cannot fathom explain why being extraordinary is your birth right What s stopping you from being the happy person you want to be Not when the time is right but today Love love love this book I have a ladies group on Facebook so that we can all read it together and start doing the challenges in the book as well Probably one of the best feel good self help books I ve read Crappy to Happy will give you the simplest and easiest ways to tap into your inner wisdom and remember how to love your life It explains the three tiers to ultimate happiness and fulfilment how a few simple tweaks to your mindset language and physiology have the power to take your daily life from crappy to happy Don t wait to struggle through another crappy day to read this book I like the daily and weekly challenges and it s the best approach to starting meditation that I ve read Embrace Your Awesomeness will encourage you to clear away your learned negative thought patterns and simply be the best person you were born to be It is not about fixing you as you are not broken It is about becoming the real you It also will help you act confidently even if you have low self esteem love yourself even though that may sound excruciating learn how to overcome perfectionism procrastination and people pleasing Imagine being at your absolute optimum no matter what It s time to get out of your own way Amusing anecdotes very poignant observations and simple yet out of the box instructions got me back on track to experience a more fulfilling life What s stopping you from being the rebelliously happy person you deserve to be To add some much needed fun joy and cheer back into your life buy this boxset today

**Purpose Beyond 2012** Wj Reichertz,2012 Like many Americans Ricky Vogt was searching for a career and purpose during the fallout from America s 2008 economic implosion At the same time the nation was searching to resolve energy environmental and economic problems within a dysfunctional political system This story explains how Vogt joined his fellow Americans as they fought amongst themselves in search of a better vision He questions how community resolves the tension between intolerance and personal liberty between the selfishness of trickle down economics and the ideals of spirituality and our founding documents promoting the common good The book depicts Vogt s evolving search for better solutions and a new way forward

**Bucket List Blueprint Workbook** Julie Schooler,2024-03-17 This WORKBOOK is a complete and unabridged version of the best selling book Bucket List Blueprint with workbook additions Throughout the workbook there are sections with questions and prompts Ultimately Bucket List Blueprint Workbook will guide you to write out your dream bucket list IMPORTANT NOTE The print version of this workbook has lines and room to write out your answers within its pages BUT as an ebook cannot be written on in this ebook version of the workbook all of the workbook lines have been removed Please use the questions and prompts in the workbook sections to write out your answers on a separate sheet of paper a journal or a notebook Are you fed up with the same boring routine day after day Would you like to start taking action towards your heart s desires today Do you feel like there is a more exciting or meaningful life you could be living You need a bucket list a written list of things you want to do before you die Bucket List Blueprint WORKBOOK will give you practical advice to write the best bucket list personalized for your circumstances and most importantly how to check off

items so that you start bringing your dreams to life This entertaining and easy to read workbook will also cut through the confusion around what a bucket list is and is not it is definitely not just for the terminally ill or nearly dead provide compelling reasons why a bucket list is an essential part of life tell you exactly what to do to discover items for your personal bucket list This is the best book for anyone from 9 to 90 who wants to live a more fulfilling and fun life There are tips and ideas that will suit any age preference and budget even if you have no money no time and don t want to travel Bored A bucket list will give you something to look forward to every day Stressed Your brand new bucket list will give you clarity and direction Exhausted Spring out of bed each morning with the newfound energy a bucket list can bring to your life This workbook distills an avalanche of information plus insights from a challenge to check off 40 bucket list items in one year into simple and practical tips to help you write and take action with your bucket list This is a short book but and this is not said lightly it will change your life Follow the short chunked down chapters in *Bucket List Blueprint WORKBOOK* to feel good about yourself for following through on goals rediscover long held passions and understand your true self better wake up each morning with a sense of excitement and zest for life spend quality time with friends and family doing fun things together feel like you are living the life you were meant to live one with excitement meaning and true joy In less than a couple of hours this book will give you the exact blueprint to writing your own bucket list Follow the simple steps in *Bucket List Blueprint WORKBOOK* and you will give yourself the best gift of all a fulfilling life What s stopping you from being the happy energized and accomplished person you always thought you would be Don t wait until you almost kick the bucket to read and write in this workbook To live a breathtaking life where your long held dreams turn into amazing memories read this workbook today

*The Biased Mind* Jérôme Boutang, Michel De Lara, 2015-09-15 Using a wealth of anecdotes data from academic literature and original research this very accessible little book highlights how we all struggle to cope with the maelstrom of choices influences and experiences that come our way The authors have slogged through piles of dry research papers to provide many wonderful nuggets of information and surprising insights For example Why is an upside down red triangle such a powerful warning sign on the road What is the best kind of alibi What makes the number 7 so special Why is it better to whisper words of love into the left ear Will that recent marriage last Why is it that the French eat snails but not slugs The reader will discover the amazing tools and shortcuts that millennia of evolution have built into our brains And this knowledge is power Knowing more about how the human mind connects the dots helps us understand why decision making is so tricky With insights from evolutionary psychology we become better equipped to understand ourselves and others and to interact and communicate more effectively

*Bucket List Blueprint* Julie Schooler, 2021-01-12 Make it the best year ever with this ultimate guide to creating and checking off your bucket list Are you fed up with the same boring routine day after day Would you like to start taking action towards your heart s desires today Do you feel like there is a more exciting or meaningful life you could be living You need a bucket list a written list of things you want to do before you die *Bucket List Blueprint* will give

you practical advice to write the best bucket list personalized for your circumstances and most importantly how to check off items so that you start bringing your dreams to life This entertaining and easy to read book will also cut through the confusion around what a bucket list is and is not it is definitely not just for the terminally ill or nearly dead provide compelling reasons why a bucket list is an essential part of life tell you exactly what to do to discover items for your personal bucket list This is the best book for anyone from 9 to 90 who wants to live a more fulfilling and fun life There are tips and ideas that will suit any age preference and budget even if you have no money no time and don t want to travel Bored A bucket list will give you something to look forward to every day Stressed Your brand new bucket list will give you clarity and direction Exhausted Spring out of bed each morning with the newfound energy a bucket list can bring to your life This book distills an avalanche of information plus insights from a challenge to check off 40 bucket list items in one year into simple and practical tips to help you write and take action with your bucket list This is a short book but and this is not said lightly it will change your life Follow the short chunked down chapters in Bucket List Blueprint to feel good about yourself for following through on goals rediscover long held passions and understand your true self better wake up each morning with a sense of excitement and zest for life spend quality time with friends and family doing fun things together feel like you are living the life you were meant to live one with excitement meaning and true joy In less than a couple of hours this book will give you the exact blueprint to writing your own bucket list Follow the simple steps in Bucket List Blueprint and you will give yourself the best gift of all a fulfilling life What s stopping you from being the happy energized and accomplished person you always thought you would be Don t wait until you almost kick the bucket to read this book To live a breathtaking life where your long held dreams turn into amazing memories buy this book today

*Photographing Newborns* ,2014-08-18 In this comprehensive book Cooney touches on each facet of being a successful newborn portrait photographer She begins by outlining the foundation of her business model and provides insight for the reader to establish something similar for their business Defining your target market and ideal customer profile are essential to guiding your business in the right direction Cooney focuses her business and this book on what she calls a boutique brand These are pricier photo shoots and packages which require more time and care Working with clients at this level often creates a lasting relationship and hopefully repeat business This is where the branding of your business is so important Not only can it deliver regular clients but can also inspire important word of mouth references Emphasizing how important it is for a photography studio to have structure and direction to become and remain successful Cooney walks the reader through many scenarios that have helped form her business A strong social media presence creative marketing promotions and repeat customers are the key to standing apart from the competition therefor remaining vital

**Crappy to Happy** Julie Schooler,2021-01-12 Feel better without drastically changing your life Do you have everything you have always dreamed of healthy children a nice home a loving partner and still feel crappy Do you bicker with your significant other snap at the kids and reach for the wine more than you would like Do you



feel anxious rushed and overwhelmed every single day This book is full of wisdom from top personal development gurus positive psychology researchers and families who use these tools It shows how a few simple tweaks to your mindset language and physiology have the power to take your daily life from crappy to happy It also cuts through the confusion around meditation provides compelling reasons why a gratitude practice is a game changer and explains the three tiers to ultimate happiness and fulfillment This is a clear gimmick free guide especially for mamas who should be feeling on the top of the world but are not In less than a couple of hours this book gives you dozens of no or low cost easy and practical tips for feeling less stressed less irritated and less worried You may not believe it now but you will start to feel more calm positive and full of joy I am a wife a mama of two young kids and a lifelong learner of personal development And I am sick of feeling crappy So I distilled an avalanche of advice from books articles and seminars into simple and practical tips to help mamas just like you and me rediscover our inner wisdom and remember how to love our lives Follow the short chunked down chapters in Crappy to Happy to find out how to control your thoughts so they work for you not against you learn a simple three step process for handling your emotions better discover how breathing the right way can change your life yes really bust myths around meditation and learn how to do it easily every day grab some great gratitude practice ideas suitable for the whole family create happiness in day to day life without changing a thing on the outside upgrade your joy to a level that most people cannot fathom Read this book and you won't need to spend hours searching for information all over the Internet If you use even a couple of the tools in this book you will feel better family times will be enjoyable again and you will give your children the best gift of all a happy mama What's stopping you from feeling more relaxed and cheerful today Buy this book and you WILL transform from crappy to happy

**Tools of Titans** Timothy Ferriss, 2016 Fitness money and wisdom here are the tools Over the last two years Tim Ferriss has collected the routines and tools of world class performers around the globe while interviewing them for his self titled podcast Now the distilled notebook of tips and tricks that helped him double his income flexibility happiness and more is available as Tools of Titans

Rediscover Your Sparkle Julie Schooler, 2021-01-12 This is a short book but and this is not said lightly it will change your life Do you feel rushed overwhelmed tired or stressed out Have you got a fairly decent life and still feel something is missing When you look back do you wonder where all that enthusiasm went This short and engaging book has all the ingredients YOU need to create a delicious and simple recipe to rediscover your sparkle It is brimming with wisdom from top personal development gurus positive psychology researchers and intuitive ways of living from happy souls who naturally embrace these concepts every single day Rediscover Your Sparkle shows how a few simple tweaks to your physiology mindset and language have the power to take your daily life from tired stressed and overwhelmed to being full of fun love and energy It distils an avalanche of advice into sparkle strategies designed to help busy people just like you and me to uncover our inner sparkle and remember how to love our lives once again This guide also cuts through the confusion around meditation provides compelling reasons why a gratitude practice is a

game changer and explains why being extraordinary is your birthright something you are meant to be Just think how great it will be when you rediscover your sparkle There are so many benefits You will Bounce out of bed each morning with a zest for life Feel like you are in touch with your true self once again Gain tools to use language in a more powerful and positive manner Uncover how breathing the right way can change your life yes really Create more happiness in your life without changing a thing on the outside Improve relationships with those around you from your positive interactions Reclaim all that fun love and energy you know you still have deep inside you In less than a couple of hours this book gives you dozens of no or low cost simple and practical tips to rediscover your sparkle In doing so you will revive the real you the joyful soul that you know is in there but has been suppressed by the seriousness that you have taken on just to get through each day When you rediscover your sparkle you become a lighthouse for those around you You won't have to say anything directly They will notice that your interactions are warmer They will see that you laugh more readily and heartily They will want to know the secret to your newfound happiness Think of this book as a low cost luxury a simple way to rediscover that sparkle you once had And know that with this tiny luxury comes a bonus the wisdom in these pages will help you be aware of how meaningful and exciting life can be right now and for the rest of your life What's stopping you from being the happy person you want to be Not when the time is right but today Read this book and you will immediately start to feel more light energized and playful To add some much needed fun love and energy back into your life buy this book today     *Awaken the Power Within* Albert Amao, 2018-06-05 The 12 billion self help industry is under constant attack for pedaling false miracles to duped believers But sociologist Albert Amao demonstrates that Americans eagerly support self help books seminars and programs because under the right conditions these things work Sociologist Albert Amao analyzes the accuracy of self help and positive thinking claims in this groundbreaking and wholly unexpected exploration of what works what doesn't and why Regarding my personal experience Amao writes I can testify that positive thinking and positive action have worked wonderfully for me Born in a poor Latin American country into a very impoverished family with both parents practically illiterate I was the oldest of five children I started working when I was six years old shining shoes and selling newspapers to help my family Nobody then would have believed that I would be able to finish high school Nevertheless I was able to do it going to night school which allowed me to be admitted at the San Marcos University in Lima to get my Ph D in sociology All these things were possible because when I was teenager I had access to New Thought or positive thinking philosophy Contrary to the critics who blithely dismiss self help methods or the New Age gurus who sell it them as miracles Amao writing with sobriety scholarship and drawing on deep personal experience explores the conditions under which self help is authentic     **Driven by Difference** David Livermore, 2016-02-17 Today's board rooms think tanks and staff lounges are more diverse than ever before These cultural differences can either lead to gridlock among stubborn single minded thinkers or they can catalyze innovation and growth among an expansive team of creative distinctive individuals Diverse teams are far more creative than

homogenous teams but only when they are managed effectively Driven by Difference identifies the management practices necessary to minimize conflict while maximizing the informational diversity found in varied values and experiences Drawing on the cultural intelligence or CQ of diversity success stories from Google Alibaba Novartis and other groundbreaking companies this must have resource teaches managers of diverse groups how to Create an optimal environment Consider the various audiences when selecting and selling an idea Design and test for different users Fuse differing perspectives Align goals and expectations New perspectives and talents have joined your company s ranks in recent years Are you seeing the increased innovation and success that should be resulting from such diversity **59 Seconds** Richard Wiseman,2010 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 and behave but scientific research has revealed that many of their techniques from group brainstorming to visualization are ineffective Fortunately psychologist Richard Wiseman is on hand to provide fast acting myth busting scientific answers to a huge range of everyday problems From job hunting to relationships and from parenting to self esteem personal and professional success may be less than a minute away

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