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Professor Richard Wiseman offers many 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.

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About 59 Seconds. 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.

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59 Seconds Think a Little Change a Lot Richard Wiseman

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Richard Wiseman Author of 59 Seconds

Professor Richard Wiseman started his working life as a professional magician, and was one of the youngest members of The Magic Circle. He then obtained a degree in psychology from University College London and a doctorate from the University of Edinburgh.

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