

Richard Wiseman 59 Segundos

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Filosofía para la vida - Jules

Evans 2013-02-21

Una guía filosófica dinámica

para vivir bien el día a día y ser

feliz Filosofía para vivir nos

invita a asistir a una escuela

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ideal con un revolucionario profesorado formado por doce grandes filósofos de todos los tiempos. Cada lección nos muestra una técnica que, además de ser muy práctica, viene acompañada de extraordinarias historias de gente corriente que las aplican en su día a día -desde marines hasta magos, astronautas, anarquistas, psicólogos, soldados... Cuando la filosofía le ayudó a superar varias depresiones, Jules Evans quedó fascinado al comprobar que algunas ideas de hace hasta 2.000 años todavía nos pueden ser muy útiles hoy. De forma divertida e inspiradora, el autor nos enseña cómo utilizar

la filosofía en la calle, en el trabajo, en el campo de batalla, en el amor y en otras situaciones peligrosas... para ser más felices, más sabios y más fuertes.

De Clone a Clown - Vitor Braga
2012-04-01

Neste livro encontrará vinte e seis comportamentos e hábitos práticos, numa linguagem clara e sucinta, que o ajudarão a ter (e vender) ideias mais criativas. São o resultado da aprendizagem clown do autor, da análise de ideias de sucesso, e da sua vasta experiência como formador em diversas empresas. O treino regular destes hábitos vai libertar a sua criatividade

peçoal, aumentar o desempenho crítativo das equipas de trabalho e, como consequência, tornar a sua organização mais inovadora. Quer pensar em formas mais positivas e criativas de fazer as coisas? Quer surpreender os seus clientes? Só precisa de libertar o seu palhaço interior. Joga? Da estrutura da obra fazem parte, entre outros, os seguintes capítulos: Clone ou Clown?; Disciplinar o Ego; Ser Tolo; Fracassar Melhor; Improvisar; Aproveitar o Acaso; Simplificar; Ouvir a Intuição; Usar Ferramentas de Criatividade; Querer Ser Excelente; Treinar, Treinar, Treinar

All Quiet Along the Potomac -
Ethel Lynn Beers 1879

Night School - Richard
Wiseman 2014-04-01

We think of sleep as a waste of time. A time when we are literally doing nothing. Yet every human on the planet spends several hours each day asleep. We are not alone. Almost every animal enjoys some form of sleep. The idea that millions of years of evolution resulted in this ability for no reason at all is ludicrous. When we are asleep we are not dormant. In fact, it is the busiest time of the day. For the past sixty years, a small number of scientists have dedicated their lives to studying

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the sleeping mind. This work has resulted in a series of remarkable techniques that can help people to recognize dangerous levels of sleep deprivation, get a great night's sleep, avoid nightmares, learn in their sleep, take productive power naps, decode dreams, and create a perfect nocturnal fantasy. Until now, these discoveries have been restricted to academic journals and University conferences.

Professor Richard Wiseman journeys deep into this dark world and meets the vampire-like scientists who go to work when everyone else is heading for bed. Carrying out his own nocturnal mass participation

studies along the way, Wiseman presents the definitive guide to the surprising new science of sleep and dreaming. For years the self-development movement has focused on improving people's waking lives. It is now time for us all to unlock that missing third of our days.

Una tortuga, una liebre y un mosquito. Psicología para ir tirando - Nacho Coller Porta
2018-04-16

Basándose en los últimos estudios científicos, Nacho nos acerca al mundo de la resiliencia, la empatía, la motivación, la felicidad y el sufrimiento, la importancia de dormir, el amor, la pareja y el

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flirteo, el mundo del trabajo, la Terapia de Aceptación y Compromiso (ACT), aportándonos herramientas sencillas y eficaces con las que aprender a afrontar con mayor garantía los vaivenes que la mente y la vida nos plantean cada segundo, cada minuto, cada día. A lo largo de la obra nos encontraremos con relatos cortos, ciencia, humor, psicología y algún apunte autobiográfico en el que el autor explica la ansiedad y su hermana mayor la depresión desde su vivencia personal y experiencia profesional.

101 Bets You Will Always Win -
Richard Wiseman 2016-09-27
Everyone loves a winner.

Imagine being able to challenge anyone with seemingly impossible bets, safe in the knowledge that you will always win. Imagine no more. Richard Wiseman is a psychologist who has traveled the globe in search of the world's greatest bets and in "101 Bets You Will Always Win" he shows you how to use science, logic and a healthy dose of trickery always to be on the winning side of every bet you make. Using coins, dice, matchsticks and ordinary objects, you'll discover, among many other things, - how to balance a coin on the edge of a dollar bill - pick a cup up with a balloon - balance two forks and a matchstick on your fingertip -

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separate two glasses without touching them In explaining the bets, Wiseman also explains the science behind them making what at first seems mystifying as natural as the laws of gravity. Let YouTube sensation Richard Wiseman turn you into one of those smart people who can say "I'll bet I can..." and know that you'll never lose.

Introduction to Documentary, Second Edition - Bill Nichols
2010-12-07

This new edition of Bill Nichols's bestselling text provides an up-to-date introduction to the most important issues in documentary history and

criticism. Designed for students in any field that makes use of visual evidence and persuasive strategies, *Introduction to Documentary* identifies the distinguishing qualities of documentary and teaches the viewer how to read documentary film. Each chapter takes up a discrete question, from "How did documentary filmmaking get started?" to "Why are ethical issues central to documentary filmmaking?" Carefully revised to take account of new work and trends, this volume includes information on more than 100 documentaries released since the first edition, an expanded treatment of the six

documentary modes, new still images, and a greatly expanded list of distributors.

The Luck Factor - Max Gunther
2010-03-02

Do you want to be one of the lucky ones? Luck. We can't see it or touch it, but we can feel it. Luck is a largely unexplored phenomenon, because many believe it to be uncontrollable. But what if luck could be influenced? What if it were possible to harness it to our own advantage? Taking us on a richly anecdotal ride through the popular theories and histories of luck -- from pseudoscience to paganism, through mathematics to magic -- Max Gunther arrives at a precise set of conclusions

as to the nature of luck and the possibility of managing it. By drawing out the logical truths hidden in the examples of outrageous fortune he shares throughout this book, Gunther presents readers with 'The Luck Factor' -- the five traits that lucky people have in common. He then shows you how you can use this approach to improve your luck and turn your fortune around. This book is a must-read for anyone who wants to change their luck -- for the better!

Rip it Up - Richard Wiseman
2015-01-15

Rip up this book and unleash your hidden potential Most self-help books encourage you to

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think differently; to think yourself thin, imagine a richer self or to visualize the perfect you. This is difficult, time consuming and often doesn't work.

Drawing on a dazzling array of scientific evidence, psychologist Richard Wiseman presents a radical new insight that turns conventional self-help on its head: simple physical actions represent the quickest, easiest and most powerful way to instantly change how you think and feel. So don't just think about changing your life. Do it.

*Discover the simple idea that changes everything *Lose weight * Stop smoking * Feel instantly younger

Futbolandia - Manuel Rodríguez

García 2011-11-01

"A menudo me he tenido que comer mis palabras y he descubierto que eran una dieta equilibrada", decía Winston Churchill. En *Futbolandia* me vuelvo a atrever como en *La Ignorática* y *el fútbol en 2009* o *Apología del fútbol en 2010*, mis libros anteriores. Y surgen ensoñaciones y realidades del fútbol como "Mis sueños de fútbol, ser jugador o entrenador, surrealismos de este deporte-negocio, la creación del factor FIB (Felicidad Interior Bruta), los miedos y las lágrimas, el factor confianza, la experiencia, las ranas en el fútbol, etcétera". También incorporé diversos apuntes sobre Guardiola,

Marcelo Bielsa, José Pellegrini, Manolo Preciado o José Mourinho, entrenadores y ejemplos vivos de liderazgo. Con el añadido de una visión muy particular de la victoria de la Selección Española de fútbol en el Mundial de Sudáfrica 2010. Y mi homenaje personal a un amigo de la niñez, Vicente del Bosque. También, plasmando algunas habilidades de los futbolistas: Zidane, Ronaldinho, Garrincha, Laudrup, Raul, Cristiano Ronaldo, Messi... virgueros de este deporte. Mark Twain dijo que "la diferencia entre la palabra adecuada y la casi correcta es la misma que entre el rayo y la luciérnaga". Ahora

que juzguen los que lean este libro si fui rayo o luciérnaga. Yo ya he jugado mi liga particular de fútbol escribiendo Futbolandia.

Ley de la atracción - Jenny Hashkins 2020-06-04

Un combo de 2 libros que incluye los siguientes dos libros:
Libro 1: ¿Alguna vez has oído hablar del "secreto"? Este libro habla sobre la ley de la atracción y cómo funciona realmente. Pero para algunos, ciertas lecciones de ese libro pueden no haber sido lo suficientemente obvias. Es por eso que discutiremos algunas de las conclusiones más importantes que puede sacar de ese libro de manera segura.

Junto con eso, repasaremos algunos mitos motivacionales que la gente realmente cree. Algunas personas no entienden qué es la verdadera motivación y por qué no es una fórmula simple que trae milagros si no haces nada al respecto. Por último, pero no menos importante, esta guía rápida e integral explicará la diferencia entre la motivación intrínseca y extrínseca, y cómo puede aprovechar ambos conceptos para sus mejores intereses.

Libro 2: Puede que esté familiarizado con la ley de la atracción, pero apuesto a que todavía hay algunos principios que no comprende completamente, simplemente

porque nunca ha oído hablar de ellos. Algunos de esos principios incluyen los siguientes: La psicología de la autodisciplina. En este libro, aprenderá más sobre lo que significa tener autodisciplina. Obtendrá algunos pasos y claves para desarrollar más a su favor. La conciencia es una palabra difícil que muchas personas pueden haber escuchado, pero tampoco entienden completamente. Este principio se aplica a las profundidades innatas de nuestras almas, y es muy significativo cuando se trata de manifestar lo que quieres del universo. El agotamiento del ego es otro tema que

abordaremos. Este tema es tan incomprendido que la mayoría de las personas no han descubierto cómo superar los problemas relacionados con él. Si te educas en este término, no habrá impedimento para lograr lo que quieres.

The Letters Of J.r.r. Tolkien -

J.R.R. Tolkien 2014-02-21

This collection will entertain all who appreciate the art of masterful letter writing. The Letters of J.R.R Tolkien sheds much light on Tolkien's creative genius and grand design for the creation of a whole new world: Middle-earth. Featuring a radically expanded index, this volume provides a valuable research tool for all fans

wishing to trace the evolution of THE HOBBIT and THE LORD OF THE RINGS.

Roots and Wings, Revised

Edition - Stacey York

2003-06-01

"Roots and Wings will open doors to beginners in cultural diversity education, and will enrich the more experienced readers. It is a grand tool for assisting early childhood educators to address the many-faceted and complex issues of cultural diversity and racial prejudice. . . . I recommend this book to any teacher, caregiver, or parent who wants to begin learning what it means to foster young children's respect for themselves and others."—Louise

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Derman-Sparks, author, AntiBias Curriculum More than a decade ago, Roots and Wings was published as the first practical resource for early childhood teachers on the then new topic of multicultural education. This invaluable guide is now completely updated to respond to present day anti-bias issues in educating young children. Roots and Wings provides a thorough, clear, and practical introduction to working with diverse children and families in early childhood settings. With more than 100 new and revised activities, practical examples, and staff training recommendations, the revised edition includes new

chapters on bilingual education, culturally responsive teaching, and children and prejudice. Seamlessly blending theory and practice, Roots and Wings is an ideal resource for preschool teachers, early childhood programs at colleges and universities, and training workshops. Stacey York is an instructor in the Child Development Department at Minneapolis Community and Technical College, Minneapolis, Minnesota. She conducts multicultural workshops around the country and is also the author of Big As Life: The Everyday Inclusive Curriculum. ¿Un nuevo corazón para el fútbol? - Manuel Rodríguez

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García 2022-01-26

En el fútbol se manifiesta con generosidad el placer de disfrutar con los errores ajenos.

Los alemanes utilizan un término, «Schadenfreude», para recoger esa mala práctica de regodearse del mal ajeno. En España, quizás, se resuelve con el «choteo» al contrario.

Con 73 años me agarro al fútbol como medicina mental, estudiando su evolución permanente como superación personal. Y analizo

planteamientos como el de Miguel Delibes: «Creo que el fútbol era hace setenta años más espontáneo y menos táctico, con la consecuencia de que se metían muchos más

goles». Decía Juan Cruz que «En el fútbol la melancolía dura hasta el partido siguiente».

Ferramentas dos titãs - Tim Ferriss 2018-02-26

Best-seller de Tim Ferriss é relançado em novo formato O empresário Tim Ferriss, autor best-seller do The New York Times, entrevistou centenas de convidados no The Tim Ferriss Show, podcast que já ultrapassou a marca dos 800 milhões de downloads.

Celebridades como Arnold Schwarzenegger, investidores como Ben Horowitz, atletas lendários, oficiais do Comando de Operações Especiais dos Estados Unidos e até cientistas estão entre os titãs que

passaram pelo programa. Depois de dois anos de entrevistas sempre focadas em detalhes práticos para o dia a dia, Tim decidiu reunir em um livro as conversas e as respostas a perguntas como: O que você faz na primeira hora depois de acordar?; Qual é sua rotina de exercícios?; Quais são as maiores perdas de tempo para os novatos em sua área de atuação?; Que suplementos você toma?/ Ao longo do tempo, Ferriss testou e aplicou na própria rotina quase todas as dicas dos entrevistados e garante que as ferramentas o salvaram de anos de esforços desperdiçados e frustrações. Depois, disponibilizou as

melhores táticas – que o ajudaram a dobrar sua renda, flexibilidade e felicidade – em Ferramentas dos titãs, que agora recebe uma edição revista e atualizada.

Galatea 2.2 - Richard Powers 2004

"Dazzling...a cerebral thriller that's both intellectually engaging and emotionally compelling, a lively tour de force."—Michiko Kakutani, *The New York Times* After four novels and several years living abroad, the fictional protagonist of *Galatea 2.2*—Richard Powers—returns to the United States as Humanist-in-Residence at the enormous Center for the Study of

Advanced Sciences. There he runs afoul of Philip Lentz, an outspoken cognitive neurologist intent upon modeling the human brain by means of computer-based neural networks. Lentz involves Powers in an outlandish and irresistible project: to train a neural net on a canonical list of Great Books. Through repeated tutorials, the device grows gradually more worldly, until it demands to know its own name, sex, race, and reason for existing.

Escuela del sueño - Richard Wiseman 2015-04-16

¿Somos conscientes de la verdadera importancia del sueño para nuestra mente y nuestro cuerpo? Recurriendo a

la ciencia, Richard Wiseman nos explica todo lo que pasa en nuestro cerebro al descansar y nos proporciona consejos para resolver problemas mientras dormimos y superar pesadillas y trastornos del sueño. En definitiva, para ganar en salud y bienestar.

Whittemore's Science and Practice of Pig Production -

Colin T. Whittemore 2006-02-06

The science and practice of pig production has changed rapidly over recent decades; new husbandry practices, new understandings of growth, reproduction and health, new appreciations of welfare and environmental impact, new nutritional approaches, and

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modern reproductive and genetic techniques have all come into being, together with the emergence of new health challenges. Now in its third edition, this long established reference book on the management, breeding, feeding, nutrition, health and welfare of pigs has been fully revised to provide clear and current information on both the practical and scientific aspects of the pig industry. With the help of a new panel of international experts and a senior editor, the overall structure now contains input from international centres across Europe and North America. This edition includes: Updated versions of existing

chapters; Completely revised and new sections on: Pig meat and carcass quality, Reproduction, The maintenance of health, Nutritional value of protein and amino acids in feed stuffs, Value of fats and oils in pig diets, Product marketing, Environmental management, Simulation modelling; Input from international authorities; Many tables, diagrams, photographs and figures.

The Multiplier Effect - Liz

Wiseman 2013-03-08

When you become a Multiplier, your whole team succeeds!

Why do some leaders double their team's effectiveness, while others seem to drain the energy right out of the room? Using

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insights gained from more than 100 interviews with school leaders, this book pinpoints the five disciplines that define how Multipliers bring out the best across their schools. By practicing these disciplines, you'll learn how to: Attract top teachers to your school Create an intense environment that demands people's best thinking Drive sound decisions by constructing debate and decision-making forums Give your team a sense of ownership for responsibilities and results

Magic in Theory - Peter Lamont 2005

A useful manual for any magician or curious spectator who wonders why the tricks

seem so real, this guide examines the psychological aspects of a magician's work. Exploring the ways in which human psychology plays into the methods of conjuring rather than focusing on the individual tricks alone, this explanation of the general principles of magic includes chapters on the use of misdirection, sleight of hand, and reconstruction, provides a better understanding of this ancient art, and offers a section on psychics that warns of their deceptive magic skills.

Constructive Education for Adolescents - William Douglas Wall 1977

Previously published as part of : "Education & mental health"

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Me mudo de sistema - Cecilia Monllor 2014-04-08

Imagina que te levantas una mañana y todos tus problemas se han solucionado. Es más, te alzas ligero como una pluma. Te miras al espejo y la imagen te devuelve un rostro amigable y feliz. Sales a la calle y el mundo te resulta nuevo, como si estuvieras estrenándolo. ¿Fábula, ficción, cuento de hadas? ¡No, es la vida que te mereces y te has robado sin rubor mientras perdóas el tiempo con minucias! Pero ese sueño está a tu alcance si cambias de mentalidad, de creencias, y de actitud, y empiezas a prestar atención a lo que no conoces de ti mismo.

Deja de amargarte la vida y el camión de mudanzas te transportará a ese mundo que has vislumbrado por unos segundos, y es tuyo aunque no lo sepas. Ningún libro, ni siquiera este, te cambiará la vida. Eso solo lo puedes hacer tú, pero será más fácil si cuentas con unas cuantas señales para incluirlas en tu mapa de ruta. Sumérgete en Me mudo de sistema y despierta a quién ya eres. ¡El viaje merece la pena!

Control Your Thoughts, Otherwise They are Going to Control You - Danilo H. Gomes 2019-09-09

Many Years ago, scientists foreseen that in a very near

future, the depression, would be the worst “bad” that would knock down the humanity. They were right. We live in a chaotic world, where we rarely find peace. The day by day agitation transforms quiet minds in noisy spaces. Is your mind going through this? It’s time to do something about it. In this book, you will find great reflections and ways of controlling the voices that permeate your mind's grounds, thoroughly explained. Educate your mind with this book’s help and learn to give the due attention to the voices that deserve our focus.

Tools of Titans - Timothy Ferriss 2017

"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. Now, the distilled notebook of tips and tricks that helped him double his income, flexibility, happiness, and more is available as Tools of Titans"--

Page 4 of cover.

59 segundos -

Paranormality - Richard Wiseman 2015-01

Bestselling psychologist Richard Wiseman unravels the science behind our beliefs in telepathy, clairvoyants, mediums, ghosts, and more... "People are emotionally drawn to the

supernatural. They actively want weird, spooky things to be true . . . Wiseman shows us a higher joy as he deftly skewers the paranormal charlatans, blows away the psychic fog and lets in the clear light of reason." -- Richard Dawkins Professor Richard Wiseman is clear about one thing: paranormal phenomena don't exist. But in the same way that the science of space travel transforms our everyday lives, so research into telepathy, fortune-telling and out-of-body experiences produces remarkable insights into our brains, behaviour and beliefs. Paranormality embarks on a wild ghost chase into this new science of the

supernatural and is packed with activities that allow you to experience the impossible. So throw away your crystals, ditch your lucky charms and cancel your subscription to Reincarnation Weekly. It is time to discover the real secrets of the paranormal. Learn how to control your dreams -- and leave your body behind Convince complete strangers that you know all about them Unleash the power of your unconscious mind **Arte y ciencia del actor -** Gianluca Testa 2022-05-06 Este libro es una introducción a algunos de los presupuestos que han contribuido al nacimiento de la *Espressività*

Generativa^{MM}, técnica de interpretación y método de evolución personal ya conocido y difundido en el ámbito internacional, y nace de la exigencia de una respuesta a dos preguntas: 1 ¿Cómo pueden el arte y la ciencia de los actores convertirse en un método para mejorar la vida del individuo, influyendo sobre la estructura de la experiencia subjetiva y potenciando el impacto de su comunicación verbal, paraverbal y no verbal, sobre sí mismo y sobre los demás? 2 ¿Cómo pueden algunos de los últimos descubrimientos de la ciencia en los campos de la psicología, la comunicación y la lingüística

perfeccionar el arte del actor y su capacidad de identificarse con un personaje y de interpretar una escena de modo creíble? La expresividad generativa de Gianluca Testa es un método de transformación personal capaz de potenciar la capacidad de generar estados y mejorar la actuación a través del impacto de la comunicación verbal, paraverbal y no verbal sobre nosotros mismos y sobre otros, alterando la percepción sensorial y emotiva del mundo que nos rodea y creando nuevas realidades, posibilidades y recursos.

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Cuaresma (II) 2023, con Él -

José Luis Retegui García

2023-03-01

La colección Con Él ofrece este mes al lector, 31 meditaciones para cada día del mes, desde el miércoles de la I semana de Cuaresma hasta el viernes de la V semana de Cuaresma (1 al 31 de marzo), acompañadas del evangelio del día y un santoral del mes.

59 segundos - Richard

Wiseman 2015-03-26

Para realizar un cambio efectivo y duradero en tu vida, no hace falta invertir mucho tiempo. De hecho, puede hacerse en menos de un minuto. Gracias a sus investigaciones científicas, el psicólogo más innovador de

la actualidad te proporciona las pautas para cambiar cualquier aspecto personal con el que no estés satisfecho: desde tu situación laboral hasta tu relación sentimental, pasando por tu entorno familiar o por problemas de estrés o autoestima. Solo necesitas 59 segundos o menos.

Psychological Science - Michael S. Gazzaniga 2016

Reflecting the latest APA

Guidelines and accompanied by

an exciting, new, formative, adaptive online learning tool,

Psychological Science, Fifth

Edition, will train your students

to be savvy, scientific thinkers.

59 segundos (bolsillo) -

Made to Stick - Chip Heath

2007-01-02

NEW YORK TIMES

BESTSELLER • The instant classic about why some ideas thrive, why others die, and how to make your ideas stick.

“Anyone interested in influencing others—to buy, to vote, to learn, to diet, to give to charity or to start a revolution—can learn from this book.”—The Washington Post
Mark Twain once observed, “A lie can get halfway around the world before the truth can even get its boots on.” His observation rings true: Urban legends, conspiracy theories, and bogus news stories circulate effortlessly. Meanwhile,

people with important ideas—entrepreneurs, teachers, politicians, and journalists—struggle to make them “stick.” In *Made to Stick*, Chip and Dan Heath reveal the anatomy of ideas that stick and explain ways to make ideas stickier, such as applying the human scale principle, using the Velcro Theory of Memory, and creating curiosity gaps. Along the way, we discover that sticky messages of all kinds—from the infamous “kidney theft ring” hoax to a coach’s lessons on sportsmanship to a vision for a new product at Sony—draw their power from the same six traits. *Made to Stick* will transform the way you communicate. It’s a

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fast-paced tour of success stories (and failures): the Nobel Prize-winning scientist who drank a glass of bacteria to prove a point about stomach ulcers; the charities who make use of the Mother Teresa Effect; the elementary-school teacher whose simulation actually prevented racial prejudice. Provocative, eye-opening, and often surprisingly funny, *Made to Stick* shows us the vital principles of winning ideas—and tells us how we can apply these rules to making our own messages stick.

The As If Principle - Richard Wiseman 2014-01-21

The best-selling author of *59 Seconds* challenges popular

self-help approaches while counseling readers to take specific actions to improve outlook and circumstances, drawing on scientific findings to demonstrate how simple physical activities, from smiling to walking briskly, can alleviate common challenges.

[Ikigai](#) - Héctor García

2017-08-29

INTERNATIONAL

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“Workers looking for more fulfilling positions should start by identifying their ikigai.”

□ Business Insider “One of the unintended—yet

positive—consequences of the [pandemic] is that it is forcing

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people to reevaluate their jobs, careers, and lives. Use this time wisely, find your personal ikigai, and live your best life.”

□Forbes Find your ikigai (pronounced ee-key-guy) to live longer and bring more meaning and joy to all your days. “Only staying active will make you want to live a hundred years.”

—Japanese proverb According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world’s longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—where what you love, what you’re good at, what you can get paid for, and what

the world needs all overlap—means that each day is infused with meaning. It’s the reason we get up in the morning. It’s also the reason many Japanese never really retire (in fact there’s no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they’ve found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world’s Blue Zones. Ikigai reveals the secrets to their longevity and

happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn't want to find happiness in every day?

59 Seconds - Richard Wiseman
2010-01-05

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. Whether

you're looking to be more decisive in your life, to find a new job, or simply to be happier, the chances are that this book has the answers you need. For years, the self-help industry has failed the public, often promoting exercises that destroy motivation, ruin relationships, increase anxiety and reduce creativity. Here, psychologist Richard Wiseman exposes these modern-day mind myths and presents a fresh approach to change that helps people achieve their aims and ambitions in minutes not months. From mood to memory, persuasion to procrastination, resilience to relationships, Wiseman outlines the research

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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

Did You Spot The Gorilla? -
Richard Wiseman 2011-06-30

In a recent series of groundbreaking psychological experiments, volunteers were shown a 30-second film of some people playing basketball and told to count the number of passes made with the ball. After just a few seconds, a man dressed as a gorilla slowly walked into frame, beat his chest at the camera, and sauntered off. Unbelievably, almost none of the people watching the film noticed the gorilla. Exactly the same psychological mechanisms that cause people to miss the gorilla also make them miss unexpected but vitally important opportunities in their professional and personal lives.

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This book outlines the scientific evidence and thinking behind this remarkable new phenomenon, and shows you how you can spot gorillas in your life - and what to do when you see one.

Gospel According to Lazarus -

Richard Zimler 2019-04-18

From the international best-selling author of *The Last Kabbalist of Lisbon* comes a dazzling new work of historical fiction, retelling the story of the Passion from the point of view of Lazarus. According to the New Testament, Jesus resurrected his friend, but the Gospel of John omits details of how he achieved this miracle and whether he had any special

purpose in doing so. The acclaimed novelist Richard Zimler takes up the tale and recreates the story of the Passion from Lazarus' point of view. Restored to physical health, he has difficulty picking up his former existence; his experience of death has left him fragile and disoriented, and he has sensed nothing of an afterlife. Meanwhile he has become something of a local celebrity, even though he and Jesus are increasingly reviled by the Temple's high priests. As he turns more and more to Jesus for guidance, while observing his friend's growing mystical powers and influence through his spiritual activities,

he finds their lives becoming dangerously entwined, which tests to the limit their friendship and affection. In this compelling work of fiction the author places Jesus in the historical context of ancient Jewish practice and tradition; he is at once a charismatic rabbi and a political activist who uses his awareness of a transcendent reality—culminating in the Kingdom of Heaven—to try to bring justice to his people and a broader compassion for humankind. With *The Gospel According to Lazarus*, Richard Zimler brings the familiar story vividly to life and finds fresh meaning in the Passion and Crucifixion.

Statistics for Psychology -

Arthur Aron 2013

Emphasizing meaning and concepts, not just symbols and numbers, 'Statistics for Psychology', 6th edition places definitional formulas center stage to emphasize the logic behind statistics and discourage rote memorization. Each procedure is explained in a direct, concise language and both verbally and numerically.

Learning goals upon completing this book, readers should be able to know both definitional and numerical formulas and how to apply them. Understand the logic behind each formula. Expose students to the latest thinking in statistical theory and

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application. Prepare students to read research articles and learn how to use SPSS.

Laughter - Henri Bergson 1914

Moonshot - Professor Richard Wiseman 2019-06-11

On the 50th anniversary of the Apollo 11 moon landing, renowned psychologist Richard Wiseman reveals the powerful life lessons behind humanity's greatest achievement. The historic moon landings were achieved against remarkable odds and within the space of just a few years. How can we apply the secrets of this astronomical success to our own goals, to achieve the

impossible in work and in life? Psychologist Richard Wiseman brings together history, psychology, and self-help in this unique and powerful guide to achieving the impossible in work and in life. The result of intensive research, including interviews with surviving members of the Apollo mission-control team, Moonshot delivers eight key lessons on teamwork, leadership, persistence, creativity, and more, each one a vital part of the mindset for success. Filled with never-before-told stories and fresh insights, Moonshot sheds new light on the science of success--and empowers each of us to achieve the impossible.

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