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In "59 Seconds," psychologist Professor Richard Wiseman presents a fresh approach to change that helps people achieve their aims and ambitions in minutes, not months.

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By **Richard Wiseman**

59 Seconds: Think a Little, Change a Lot
59 Seconds is a heavily researched book that shares, in plain English, everyday life hacks backed by scientific research. The chapters of the book are: happiness, persuasion, motivation, creativity, attraction, relationships, stress, decision

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because Richard Wiseman has actually
looked into real self-help techniques that
have actually been tried out to see if they
work or not.

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