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### VHFYAH - KAYLEY AUGUST

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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 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.

THE MULTI-MILLION-COPY BESTSELLER Find purpose, meaning and joy in your work and life We all have an ikigai. It's the Japanese word for 'a reason to live' or 'a reason to jump out of bed in the morning'. The place where your needs, ambitions, skills and satisfaction meet. A place of balance. This book will help you unlock what your ikigai is and equip you to change your life. There is a passion inside you - a unique talent that gives you purpose and makes you the perfect candidate for something. All you have to do is discover and live it. Do that, and you can make every single day of your life joyful and meaningful. 'A refreshingly simple recipe for happiness' Stylist 'Ikigai gently unlocks simple secrets we can all use to live long, meaningful, happy lives' Neil Pasricha, bestselling author of The Happiness Equation

En Más gente tóxica, Stamateas nos presenta a una serie de personalidades tóxicas con las que convivimos a diario. Conocer sus características nos ayudará a saber cómo administrar nuestras emociones cuando nos enfrentamos a ellos y evitar sufrimientos innecesarios. Tras el sonado éxito de Gente tóxica, el libro que ha revolucionado el mundo de la autoayuda, Bernardo Stamateas nos brinda una nueva oportunidad de reconocer los prototipos tóxicos que nos rodean, al tiempo que nos desvela las claves de su personalidad a fin de reconocerlos y librarnos de ellos. Ser tóxico es una forma de vivir, de pensar y de actuar. Es una forma de funcionar. Todos tenemos rasgos tóxicos en cierto grado, pero la diferencia con la gente tóxica está en que no los reconoce, culpa a los demás y les roba su energía.

¿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.

Bergson explores why people laugh and what laughter means. A classic statement of the principles of humor, it explores what it is in language that makes a joke funny.

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!

¿Por qué los libros de autoayuda proponen soluciones tan complicadas? El catedrático de psicología Richard Wiseman expone los mitos modernos de la mente promovidos por la industria de la autoayuda y presenta un nuevo enfoque para el cambio que ayuda a individuos a lograr sus metas y ambiciones en cuestión de minutos, no de meses. Del estado de ánimo a la memoria, de la persuasión a la procrastinación y de la resistencia a las relaciones, Wiseman resume las investigaciones en las que se apoya la nueva ciencia del cambio rápido y describe cómo estas técnicas tan veloces y poco convencionales pueden incorporarse a la vida cotidiana. Averigua cómo ser más creativo y productivo gracias a las plantas. Descubre por qué ponerte un lápiz entre los dientes hace que te sientas más feliz.

What would you do if someone bet you they could balance a coin on the edge of a banknote, walk through a postcard, or make you move your limbs through the power of suggestion? Would you take that bet? From Richard Wiseman, the creator of the 350-million-view YouTube phenomenon, Quirkology, comes a thrilling mix of lateral thinking, magic tricks and scintillating science stunts which is sure to appeal to curious minds everywhere. Using only your body and everyday household objects, 101 Bets You Will Always Win is both a practical guide and illuminating exploration of the fascinating science that underpins these seemingly impossible challenges.

"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.

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. This title helps to: 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; and, learn how putting just one thing in your wallet will improve the chance of it being returned if lost.

¿Sabés a qué edad se alcanza el punto máximo de felicidad? ¿Por qué nadie predijo la crisis global? ¿Estás yendo a suficientes fiestas? ¿Aceptarías currículums sin foto, ni datos de edad o sexo? ¿Por qué las letras QWERTY están en la primera línea del teclado? Un recorrido por lo último en materia de economía no convencional.

Almost a third of your whole life is spent asleep. Every night you close your eyes, become oblivious to your surroundings and waste hours flying, being chased or watching all your teeth fall out – and then you wake up. What on earth is going on? Based on exciting new peer-reviewed research, mass-participation experiments and the world's largest archive of dream reports, Night School uncovers the truth about the sleeping brain – and gives powerful tips on how you can use those hours of apparently 'dead' time to change your waking life. Along the way you will discover how to learn information while you sleep, the creative potential of a six-minute nap, and what your dreams really mean. Studies show that even a small lack of sleep can have a detrimental effect on health and happiness. It's time to banish nightmares, make the most of the missing third of your days, and get the best night's sleep of your life.

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.

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 pessoal, aumentar o desempenho criativo 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; Quer Ser Excelente; Treinar, Treinar, Treinar

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 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.

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.

**\*\*The Instant National Bestseller\*\*** The standout memoir from NBA powerhouse Andre Iguodala, the indomitable sixth man of the Golden State Warriors. Andre Iguodala is one of the most admired players in the NBA. And fresh off the Warriors' fifth Finals appearance in five years, his game has never

been stronger. Off the court, Iguodala has earned respect, too—for his successful tech investments, his philanthropy, and increasingly for his contributions to the conversation about race in America. It is no surprise, then, that in his first book, *Andre*, with his cowriter Carvell Wallace, has pushed himself to go further than he ever has before about his life, not only as an athlete but about what makes him who he is at his core. *The Sixth Man* traces Andre's journey from childhood in his Illinois hometown to his Bay Area home court today. Basketball has always been there. But this is the story, too, of his experience of the conflict and racial tension always at hand in a professional league made up largely of African American men; of whether and why the athlete owes the total sacrifice of his body; of the relationship between competition and brotherhood among the players of one of history's most glorious championship teams. And of what motivates an athlete to keep striving for more once they've already achieved the highest level of play they could have dreamed. On drive, on leadership, on pain, on accomplishment, on the shame of being given a role, and the glory of taking a role on: This is a powerful memoir of life and basketball that reveals new depths to the superstar athlete, and offers tremendous insight into most urgent stories being told in American society today.

Una guía filosófica dinámica para vivir bien el día a día y ser feliz Filosofía para vivir nos invita a asistir a una escuela 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.

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.

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.

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

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.

En este libro quiero compartir con vos un viaje para ir juntos al pasado y mediante ejercicios prácticos y tareas sencillas, sanar tu pasado. El pasado fue co-construido, hubo gente que intervino, pero el futuro lo construís vos. Todos tenemos un pasado y en ese pasado muchas veces hemos vivido momentos tristes, experiencias dolorosas, hechos traumáticos, maltrato verbal. No podemos cambiar el pasado pero podemos transformarlo en una experiencia valiosa para nuestro presente. Este libro te ayudará a transitar el camino para: \* Transformar los recuerdos dolorosos en un don para ayudar a otros \* Transformar el recuerdo de las críticas en afirmación interior \* Transformar los recuerdos traumáticos en experiencias de libertad \* Transformar los recuerdos tristes en oportunidades de crecimiento \* Transformar los celos en autoestima \* Transformar los recuerdos de la infancia en un futuro de éxito \* Transformar los errores y fracasos en una situación de aprendizaje \* Transformar el recuerdo del peor día de mi vida en mi mejor momento Nos puede lastimar lo que nos pasó y nos puede doler lo que no nos pasó. Uno es el dolor del pasado por lo que no vivimos y el otro es el dolor del futuro por lo que no alcanzamos. De eso se trata este libro, de sanar el pasado para construir un futuro mejor. Podés sanar el pasado en el presente, nunca es tarde. Y podés sumarte a los muchos que hicieron de su pasado un puente hacia un futuro de alegría y de éxito.

A comprehensive collection of letters spanning the adult life (1914-1973) of one of the world's most famous storytellers.

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. MyStatLab is an integral part of the *Statistics* course. MyStatLab gives students practice with hundreds of homework problems. Every problem includes tools to help students understand and solve each problem - and grades all of the problems for instructors. MyStatLab also includes tests, quizzes, eText, a Gradebook, a customizable study plan, and much more. 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 application Prepare students to read research articles Learn how to use SPSS Note: This is the standalone book if you want the book/access card please order the ISBN below; 0205924174 / 9780205924172 *Statistics for Psychology Plus NEW MyStatLab with eText* -- Access Card Package Package consists of: 0205258158 / 9780205258154 *Statistics for Psychology* 0205923860 / 9780205923861 *New MyStatLab for Social Sciences with Pearson eText* -- ValuePack Access Card

In a recent series of ground-breaking 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. 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.

Lições de vida, táticas e ferramentas para alcançar sucesso, produtividade e reconhecimento Tim Ferriss, autor best-seller do The New York Times, já entrevistou mais de 200 convidados no The Tim Ferriss Show, podcast que ultrapassou a marca de 200 milhões de downloads. Celebidades 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, 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?. Depois de testar e aplicar na própria rotina todas as dicas dos entrevistados, o autor garante que as ferramentas o salvaram de anos de esforços desperdiçados e frustração. E agora, as melhores táticas — que ajudaram Tim a dobrar sua renda, flexibilidade e felicidade — estão disponíveis em Ferramentas dos titãs.

¿Cómo reaccionas ante una burla? ¿Cómo contestas a un comentario insolente o una broma pesada? ¿Malgastas tu energía enfadándote? Un ataque verbal puede ser tan ofensivo como una bofetada. Ante este tipo de agresión, la mayoría de nosotros nos quedamos atónitos o, como mucho, respondemos demasiado tarde. También solemos reaccionar de forma impulsiva y con una carga agresiva todavía mayor, lo que puede arrastrarnos a situaciones imprevisibles en las que una broma pesada puede transformarse en un serio conflicto. A lo largo del libro, la autora nos descubre doce estrategias para enfrentarse de forma inteligente a estas situaciones. Con este libro aprenderás a: - presentar un frente firme ante los ataques- confundir al agresor y neutralizarlo - rebatir una crítica injustificada - desautorizar al contrario de forma positiva con cumplidos

"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.

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

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.

As a Multiplier, you'll use leadership to bring out the best in others--attracting top talent, liberating staff to excel, and doubling your team's effectiveness.

The protagonist, a Humanist-in-Residence at the center for Advanced Scientific Research, gets involved with a project to train a machine to pass a comprehensive exam in English literature--and with the degree candidate against whom the machine is competing. Reprint.

Este libro es una introducción a algunos de los presupuestos que han contribuido al nacimiento de la Espressività Generativa™, 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. Translator: Mariano Bas PUBLISHER: TEKTIME

Cuando miramos hacia atrás vemos lo que ha sucedido, vemos las pérdidas; cuando miramos hacia adelante vemos las oportunidades. De eso se trata este libro, de mirar hacia atrás y construir hacia adelante, de salir de nuestra zona de estancamiento, de salir de nuestra zona de confort y saber que todos podemos crecer. Hay dos momentos clave en los que podemos detenernos: después de una derrota o después de una victoria. Si nos toca vivir una derrota, es momento de perseverar. Y si estamos atravesando un triunfo tenemos que celebrarlo, pero teniendo presente que uno de los grandes premios que trae un triunfo es la oportunidad de ir por más. Como señala en este libro Bernardo Stamateas: "Recuerda que hay una nueva cima esperando que tú la alcances. No hay estación terminal salvo que tú lo decidas. Celebra tu triunfo de hoy, disfrútalo pero recuerda que hay más por conquistar". Muchas veces nos sucede que mientras queremos alcanzar una meta quedamos detenidos en "una zona de confort", atascados a mitad de camino. Esa situación nos ofrece una alternativa y una posibilidad de decidir: podemos quedarnos allí y no avanzar, o dar un paso adelante y seguir creciendo. Las personas que persiguen un sueño saben disfrutar de sus logros. Y a la vez saben que siempre hay una nueva cima esperándolas. Saben que merecen alcanzarla y accionan con toda su pasión. Saben que pueden superarse, y siguen adelante, enfocadas en sus metas.

An easy-to-use, concise guide to changing your life in under a minute, backed by cutting-edge scien-

tific 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.