

# 59 Seconds

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# Synopsis

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**Ready to revolutionise your life and be more decisive? Take hold of your future with life-changing advice from *59 Seconds*. Don't waste your time on outdated life coach strategies and guru-guided nonsense. Instead, let renowned psychologist Richard Wiseman enlighten you with quick and scientifically-proven techniques.**

Seeking a new job? Determined to be happy? Striving for personal and professional triumph? *59 Seconds: Think a Little, Change a Lot* takes you on an inspiring journey of quick transformation, debunking myths and introducing groundbreaking strategies for success.

Unlock life-changing insights like:

- 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 what object to carry in your wallet to ensure its safe return.

**Dive into this enriching guide with actionable tips rooted in cognitive psychology and human creativity. *59 Seconds* is your ticket to rapid self-improvement, effective self-management, and meaningful personal growth. Dare to change it's just seconds away!**

## Reader's comments

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