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59 Seconds Summary "Happiness doesn't just flow from success, it actually causes it". "When people can afford the necessities in life, an increase in income does not result in a significantly happier life". "Materialism takes root in early childhood, and is mainly driven by low self-esteem".

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It is better, for example, to think about the good things that will flow from a healthier lifestyle than the bad things that will result from an unhealthy one. 59 Seconds by Richard Wiseman is available on Amazon now.

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Richard Wiseman (1966) is all but your regular psychologist. He graduated from the University College London in 1986. He got his Ph.D. in Psychology six years later from the University of Edinburgh. Even his thesis wasn't a usual one: it was an evaluation of psychics.

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"For all those who are tired of the usual self-help formula--homespun anecdotes, upbeat platitudes, over-the-top promises--Richard Wiseman's 59 Seconds is just what the PhD ordered." – The Wall Street Journal
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Professor Richard Wiseman has been described by a Scientific American columnist as ‘...one of the most interesting and innovative experimental psychologists in the world today.’ His books have sold over 3 million copies and he regularly appears on the media. Richard also presents keynote talks to organisations across the world, including The Swiss Economic Forum, Google and Amazon. He ...

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Richard J. Wiseman (born 17 September 1966) is a Professor of the Public Understanding of Psychology at the University of Hertfordshire in the United Kingdom. He has written several best-selling popular psychology books that have been translated into over 30 languages. He has given keynote addresses to The Royal Society, The Swiss Economic Forum, Google and Amazon.

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