

**59 SECONDS: PERSUASION: THINK A LITTLE,
CHANGE A LOT**

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59 Seconds: Persuasion by Richard Wiseman

Think a little, change a lot. Discover why even thinking about going to the gym can help you keep in shape. Learn how pot plants make you more creative.

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Our environment shapes our mind, which in turn influences our reactions. The real path to happiness is discovered by using a pencil, a diary, consciously expressing gratitude and small acts of kindness.

In this single volume, Wiseman covers many of the staple topics of self-help--h Challenging, uplifting and long overdue' Derren Brown How to Have a Good Day. Want to buy happiness? Liars also adopt an impersonal tone and try to evade que a mirror in your kitchen. The review must be at least 50 characters long.