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The as If Principle: The Radically New Approach to Changing Your Life

By Dr Richard Wiseman

BRILLIANCE AUDIO, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Victorian philosopher William James had a theory about emotion and behavior: It isn't that our feelings guide our actions (feel happy and you will laugh). On the contrary, it is our actions that guide our emotions (laugh and you will feel happy). This led James to a remarkable conclusion: If you want a quality, act as if you already have it. Roused by James's astonishing discovery, renowned psychologist and bestselling author Richard Wiseman confirms James's principle and shows how the self-help genre has for too long put the cart before the horse in trying to help us take control of our lives. Bringing to the table a dazzling array of firsthand experiments, surprising histories, and psychological case studies, Wiseman illustrates in brilliant detail how we can apply this principle in our daily lives: Smile to become measurably happier Wash your hands to drive away guilt Clench your fist to increase your willpower Eat with your nondominant hand to lose weight Nod while speaking to become more persuasive Act like a newlywed to rekindle your marriageLively, engaging, and truly...



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Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better than never, though I am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

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This publication may be worth purchasing. It was actually written quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book I actually have study inside my personal life and can be the best ebook for actually.

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