

59 Segundos Richard Wiseman

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KYLEIGH LUCAS

Living Dangerously Nau Llibres

For over twenty years, psychologist Richard Wiseman has examined the quirky science of everyday life. In *Quirkology*, he navigates the oddities of human behavior, explaining the tell-tale signs that give away a liar, the secret science behind speed-dating and personal ads, and what a person's sense of humor reveals about the innermost workings of his or her mind—all along paying tribute to others who have carried out similarly weird and wonderful work. Wiseman's research has involved secretly observing people as they go about their daily business, conducting unusual experiments in art exhibitions and music concerts, and even staging fake séances in allegedly haunted buildings. With thousands of research subjects from all over the world, including enamored couples, unwitting pedestrians, and guileless dinner guests, Wiseman presents a fun, clever, and unexpected picture of the human mind.

The As If Principle Ballantine Books

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.

The Radically New Approach to Changing Your Life RBA Libros

What is the function of art in the era of digital globalization? How can one think of art institutions in an age defined by planetary civil war, growing inequality, and proprietary digital technology? The boundaries of such institutions have grown fuzzy. They extend from a region where the audience is pumped for tweets to a future of “neurocurating,” in which paintings surveil their audience via facial recognition and eye tracking to assess their popularity and to scan for suspicious activity. In *Duty Free Art*, filmmaker and writer Hito Steyerl wonders how we can appreciate, or even make art, in the present age. What can we do when arms manufacturers sponsor museums, and some of the world's most valuable artworks are used as currency in a global futures market detached from productive work? Can we

distinguish between information, fake news, and the digital white noise that bombards our everyday lives? Exploring subjects as diverse as video games, WikiLeaks files, the proliferation of freeports, and political actions, she exposes the paradoxes within globalization, political economies, visual culture, and the status of art production.

Una tortuga, una liebre y un mosquito. Psicología para ir tirando RBA Libros

Un combo de 2 libros que incluye los siguientes dos libros: Libro 1: ¿Alguna vez has oído hablar del "secreto"? Este libro habla sobre la ley de la atracción y cómo funciona realmente. Pero para algunos, ciertas lecciones de ese libro pueden no haber sido lo suficientemente obvias. Es por eso que discutiremos algunas de las conclusiones más importantes que puede sacar de ese libro de manera segura. Junto con eso, repasaremos algunos mitos motivacionales que la gente realmente cree. Algunas personas no entienden qué es la verdadera motivación y por qué no es una fórmula simple que trae milagros si no haces nada al respecto. Por último, pero no menos importante, esta guía rápida e integral explicará la diferencia entre la motivación intrínseca y extrínseca, y cómo puede aprovechar ambos conceptos para sus mejores intereses. Libro 2: Puede que esté familiarizado con la ley de la atracción, pero apuesto a que todavía hay algunos principios que no comprende completamente, simplemente porque nunca ha oído hablar de ellos. Algunos de esos principios incluyen los siguientes: La psicología de la autodisciplina. En este libro, aprenderá más sobre lo que significa tener autodisciplina. Obtendrá algunos pasos y claves para desarrollar más a su favor. La conciencia es una palabra difícil que muchas personas pueden haber escuchado, pero tampoco entienden completamente. Este principio se aplica a las profundidades innatas de nuestras almas, y es muy significativo cuando se trata de manifestar lo que quieres del universo. El agotamiento del ego es otro tema que abordaremos. Este tema es tan incomprendido que la mayoría de las personas no han descubierto cómo superar los problemas relacionados con él. Si te educas en este término, no habrá impedimento para lograr lo que quieres.

Eliminate Your Financial Fears--And Take Your First Steps to Financial Freedom! Random House

Live from a place of love. It conquers all that is evil. Shaken by the haunting from Conall, Paige Maddison hopes to put it behind her. When Paige's premonitions, nightmares, and ghostly visions return, however, she realizes there is no way of getting back to the normal she once knew. Try as she might to adjust to her new life at the O'Brien Manor, dark forces begin to brew on the grounds of the haunted O'Brien estate. Paige becomes the unwilling target of the Earthbounds, anguished souls who seek revenge and retribution. But where there is darkness, there is also light. Through an enigmatic string of events that has her questioning who she truly is, Paige soon learns that she is not only being watched over by guardians of both the spirit and

mortal realms, but also being called upon by a greater power beyond her wildest comprehension. As her world is turned upside down, Paige faces a life-changing dilemma: Should she embrace her special gift and fulfill the destiny that is unfolding before her? Or will she succumb to the evil that surrounds her and deny her true identity? *Destiny's Gate*, book two in the Paige Maddison Series, follows the young heroine on her personal journey of discovering inner strength, undying loyalty, and the profound power of unwavering love....

Rip it Up Verso Books

Professor Richard Wiseman offers many quick and practical ways to improve your life gleaned from today's cutting edge-science, and in the process gives a psychologist's myth-busting response to the self-help movement. Whether you're looking to be more decisive in your life, to find a new job, or simply to be happier, the chances are that this book has the answers you need. For years, the self-help industry has failed the public, often promoting exercises that destroy motivation, ruin relationships, increase anxiety and reduce creativity. Here, psychologist Richard Wiseman exposes these modern-day mind myths and presents a fresh approach to change that helps people achieve their aims and ambitions in minutes not months. From mood to memory, persuasion to procrastination, resilience to relationships, Wiseman outlines the research supporting this new science of rapid change and describes how these quirky techniques can be incorporated into everyday life. • 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 how putting just one thing in your wallet will improve the chance of it being returned if lost • Discover why writing down your goals is more effective than visualizing them • Find out why retail therapy doesn't work to improve mood and what does

Me mudo de sistema Pan Macmillan

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!

Art in the Age of Planetary Civil War Princeton University Press
Osho is one of the best-known spiritual teachers of our time. The Sunday Times named him one of the '1,000 makers of the twentieth century'; the novelist Tom Robbins has called him 'the most dangerous man since Jesus Christ'. Nearly two decades after his death in 1990, the influence of his teachings continues to grow, reaching seekers around the world. This inspiring compendium of spiritual wisdom and insight offers a way for everyone to access the enlightening message of the Buddha as Osho offers his unique take on his teachings, with a wisdom and wit that make it a wonderful read. When you engage with Osho's writing, you feel as if he is speaking to you. His conversational style is fluid and engaging, and while his acute perception often comes as a delight and a surprise, his shrewd insights will stay with you always. Whether he is discussing a complex philosophy,

or the teachings of a great mystic, Osho always approaches the subject with his own distinctively irreverent, thought-provoking and inspiring perspectives. Covering subjects including Belief, Responsibility, Relationships, Doing Good and the Power of Consciousness, this is a book that offers real insight into leading a more spiritual life now.

Duty Free Art Redleaf Press

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.

Why we see what isn't there Pan Macmillan

¿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.

Unequal Political Voice and the Broken Promise of American Democracy Stanford University Press

59 segundos (bolsillo) 59 segundos RBA Libros

Money Is My Friend B DE BOOKS

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.

Roots and Wings, Revised Edition Farrar, Straus and Giroux
NEW YORK TIMES BESTSELLER • The instant classic about why some ideas thrive, why others die, and how to make your ideas stick. "Anyone interested in influencing others—to buy, to vote, to learn, to diet, to give to charity or to start a revolution—can learn from this book."—The Washington Post Mark Twain once observed, "A lie can get halfway around the world before the

truth can even get its boots on." His observation rings true: Urban legends, conspiracy theories, and bogus news stories circulate effortlessly. Meanwhile, people with important ideas—entrepreneurs, teachers, politicians, and journalists—struggle to make them "stick." In *Made to Stick*, Chip and Dan Heath reveal the anatomy of ideas that stick and explain ways to make ideas stickier, such as applying the human scale principle, using the Velcro Theory of Memory, and creating curiosity gaps. Along the way, we discover that sticky messages of all kinds—from the infamous "kidney theft ring" hoax to a coach's lessons on sportsmanship to a vision for a new product at Sony—draw their power from the same six traits. *Made to Stick* will transform the way you communicate. It's a fast-paced tour of success stories (and failures): the Nobel Prize-winning scientist who drank a glass of bacteria to prove a point about stomach ulcers; the charities who make use of the Mother Teresa Effect; the elementary-school teacher whose simulation actually prevented racial prejudice. Provocative, eye-opening, and often surprisingly funny, *Made to Stick* shows us the vital principles of winning ideas—and tells us how we can apply these rules to making our own messages stick.

The Unheavenly Chorus Simon and Schuster

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.

Ordinary enlightenment for extraordinary times Basic Books

Everyone loves a winner. Imagine being able to challenge anyone with seemingly impossible bets, safe in the knowledge that you will always win. Imagine no more. Richard Wiseman is a psychologist who has traveled the globe in search of the world's greatest bets and in "101 Bets You Will Always Win" he shows you how to use science, logic and a healthy dose of trickery always to be on the winning side of every bet you make. Using coins, dice, matchsticks and ordinary objects, you'll discover, among many other things, - how to balance a coin on the edge of a dollar bill - pick a cup up with a balloon - balance two forks and a matchstick on your fingertip - separate two glasses without touching them In explaining the bets, Wiseman also explains the science behind them making what at first seems mystifying as natural as the laws of gravity. Let YouTube sensation Richard Wiseman turn you into one of those smart people who can say "I'll bet I can..." and know that you'll never lose.

59 segundos (bolsillo) Dorling Kindersley Ltd

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

Book Two, Paige Maddison Series Ushuaia Ediciones

In a thoroughly revised and expanded edition of his popular guide, the author outlines the principles behind his financial seminars, including the four laws of wealth, to show readers how to increase their incomes by leaps and bounds. Reprint.

An Introduction to the Theoretical and Psychological Elements of Conjuring Harper Collins

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.

What Landing a Man on the Moon Teaches Us About

Collaboration, Creativity, and the Mind-set for Success Penguin

Do you want to be one of the lucky ones? Luck. We can't see it or touch it, but we can feel it. Luck is a largely unexplored phenomenon, because many believe it to be uncontrollable. But what if luck could be influenced? What if it were possible to harness it to our own advantage? Taking us on a richly anecdotal ride through the popular theories and histories of luck -- from pseudoscience to paganism, through mathematics to magic -- Max Gunther arrives at a precise set of conclusions as to the nature of luck and the possibility of managing it. By drawing out the logical truths hidden in the examples of outrageous fortune he shares throughout this book, Gunther presents readers with 'The Luck Factor' -- the five traits that lucky people have in common. He then shows you how you can use this approach to improve your luck and turn your fortune around. This book is a must-read for anyone who wants to change their luck -- for the better!

Heridas emocionales Pan Macmillan Adult

Poses a controversial argument that China initiated the Renaissance, in a painstakingly researched chronicle that cites the appearance of Chinese ambassadors in early fifteenth-century Tuscany who met with Pope Eugenius IV and shared history-influencing maps and technology. 150,000 first printing.