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moves) are up to us. We can improve our lives, and ourselves, if we go about it the right way. 59 Seconds: Think a Little, Change a Lot (Borzoi Books) is filled with self improvement tips and self growth advice.

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From mood to memory, resilience to relationships, the self-help industry often promotes exercises that destroy motivation, damage relationships, and reduce creativity--the opposite of everything it promises. Here, psychologist Wiseman brings together a broad range of scientific advice supporting the new science of rapid change and describes how these quirky, sometimes counterintuitive ...

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