

59 Segundos Richard Wiseman

Eventually, you will totally discover a supplementary experience and execution by spending more cash. nevertheless when? get you endure that you require to acquire those every needs like having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to comprehend even more on the subject of the globe, experience, some places, similar to history, amusement, and a lot more?

It is your agreed own time to bill reviewing habit. in the course of guides you could enjoy now is **59 Segundos Richard Wiseman** below.

All Quiet Along the Potomac -
Ethel Lynn Beers 1879

Gospel According to Lazarus

- Richard Zimler 2019-04-18

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.

Ley de la atracción - Jenny Hashkins 2020-06-04

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.

Una tortuga, una liebre y un mosquito. Psicología para ir tirando - Nacho Coller Porta
2018-04-16

Basándose en los últimos estudios científicos, Nacho nos

acerca al mundo de la resiliencia, la empatía, la motivación, la felicidad y el sufrimiento, la importancia de dormir, el amor, la pareja y el flirteo, el mundo del trabajo, la Terapia de Aceptación y Compromiso (ACT), aportándonos herramientas sencillas y eficaces con las que aprender a afrontar con mayor garantía los vaivenes que la mente y la vida nos plantean cada segundo, cada minuto, cada día. A lo largo de la obra nos encontraremos con relatos cortos, ciencia, humor, psicología y algún apunte autobiográfico en el que el autor explica la ansiedad y su hermana mayor la depresión desde su vivencia personal y experiencia profesional.

Voyages of Discovery - Barry Keith Grant 1992

Filosofía para la vida - Jules Evans 2013-02-21

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.

Moonshot - Professor Richard Wiseman 2019-06-11

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. **Night School** - Richard Wiseman 2014-04-01 We think of sleep as a waste of time. A time when we are literally doing nothing. Yet every human on the planet spends several hours each day

asleep. We are not alone. Almost every animal enjoys some form of sleep. The idea that millions of years of evolution resulted in this ability for no reason at all is ludicrous. When we are asleep we are not dormant. In fact, it is the busiest time of the day. For the past sixty years, a small number of scientists have dedicated their lives to studying the sleeping mind. This work has resulted in a series of remarkable techniques that can help people to recognize dangerous levels of sleep deprivation, get a great night's sleep, avoid nightmares, learn in their sleep, take productive power naps, decode dreams, and create a perfect nocturnal fantasy. Until now, these discoveries have been restricted to academic journals and University conferences. Professor Richard Wiseman journeys deep into this dark world and meets the vampire-like scientists who go to work when everyone else is heading for bed. Carrying out his own nocturnal mass participation

studies along the way, Wiseman presents the definitive guide to the surprising new science of sleep and dreaming. For years the self-development movement has focused on improving people's waking lives. It is now time for us all to unlock that missing third of our days. *Plato, Not Prozac!* - Lou Marinoff, PhD 2012-08-07 If you're facing a dilemma -- whether it's handling a relationship, living ethically, dealing with a career change, or finding meaning in life -- the world's most important thinkers from centuries past will help guide you toward a solution compatible with your individual beliefs. From Kirkegaard's thoughts on coping with death to the I Ching's guidelines on adapting to change, *Plato, Not Prozac!* makes philosophy accessible and shows you how to use it to solve your everyday problems. Gone is the need for expensive therapists, medication, and lengthy analysis. Clearly organized by common problems to help you tailor Dr.

Lou Marinoff's advice to your own needs, this is an intelligent, effective, and persuasive prescription for self-healing therapy that is giving psychotherapy a run for its money.

Statistics for Psychology -

Arthur Aron 2013

Emphasizing meaning and concepts, not just symbols and numbers Statistics for Psychology, 6th edition places definitional formulas center stage to emphasize the logic behind statistics and discourage rote memorization. Each procedure is explained in a direct, concise language and both verbally and numerically. MyStatLab is an integral part of the Statistics course.

MyStatLab gives students practice with hundreds of homework problems. Every problem includes tools to help students understand and solve each problem - and grades all of the problems for instructors. MyStatLab also includes tests, quizzes, eText, a Gradebook, a customizable study plan, and much more. Learning Goals Upon completing this book,

readers should be able to:
Know both definitional and numerical formulas and how to apply them Understand the logic behind each formula Expose students to the latest thinking in statistical theory and application Prepare students to read research articles Learn how to use SPSS

Note: This is the standalone book if you want the

book/access card please order the ISBN below; 0205924174 / 9780205924172 Statistics for Psychology Plus NEW

MyStatLab with eText -- Access Card Package Package consists of: 0205258158 /

9780205258154 Statistics for Psychology 0205923860 / 9780205923861 New

MyStatLab for Social Sciences with Pearson eText -- ValuePack Access Card

Duty Free Art - Hito Steyerl 2017-11-21

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.

The Multiplier Effect - Liz

Wiseman 2013-03-08

When you become a Multiplier, your whole team succeeds!

Why do some leaders double their team’s effectiveness, while others seem to drain the energy right out of the room?

Using insights gained from more than 100 interviews with school leaders, this book

pinpoints the five disciplines that define how Multipliers bring out the best across their schools. By practicing these disciplines, you’ll learn how to:

Attract top teachers to your school
Create an intense environment that demands people’s best thinking
Drive sound decisions by

constructing debate and decision-making forums

Give your team a sense of ownership for responsibilities and results

Escuela del sueño - Richard Wiseman 2015-04-16

¿Somos conscientes de la verdadera importancia del sueño para nuestra mente y nuestro cuerpo? Recurriendo a la ciencia, Richard Wiseman nos explica todo lo que pasa en nuestro cerebro al descansar y nos proporciona consejos para

resolver problemas mientras dormimos y superar pesadillas y trastornos del sueño. En definitiva, para ganar en salud y bienestar.

¿Un nuevo corazón para el fútbol? - Manuel Rodríguez

García 2022-01-26

En el fútbol se manifiesta con generosidad el placer de disfrutar con los errores ajenos. Los alemanes utilizan un término, «Schadenfreude», para recoger esa mala práctica de regodearse del mal ajeno.

En España, quizás, se resuelve con el «choteo» al contrario.

Con 73 años me agarro al fútbol como medicina mental, estudiando su evolución permanente como superación personal. Y analizo planteamientos como el de Miguel Delibes: «Creo que el fútbol era hace setenta años más espontáneo y menos táctico, con la consecuencia de que se metían muchos más goles». Decía Juan Cruz que «En el fútbol la melancolía dura hasta el partido siguiente».

Whittemore's Science and Practice of Pig Production -

Colin T. Whittemore

2008-04-15

The science and practice of pig production has changed rapidly over recent decades; new husbandry practices, new understandings of growth, reproduction and health, new appreciations of welfare and environmental impact, new nutritional approaches, and modern reproductive and genetic techniques have all come into being, together with the emergence of new health challenges. Now in its third edition, this long established reference book on the management, breeding, feeding, nutrition, health and welfare of pigs has been fully revised to provide clear and current information on both the practical and scientific aspects of the pig industry. With the help of a new panel of international experts and a senior editor, the overall structure now contains input from international centres across Europe and North America. This edition includes: Updated versions of existing chapters; Completely revised

and new sections on: Pig meat and carcass quality, Reproduction, The maintenance of health, Nutritional value of protein and amino acids in feed stuffs, Value of fats and oils in pig diets, Product marketing, Environmental management, Simulation modelling; Input from international authorities; Many tables, diagrams, photographs and figures.

50 Great Myths of Popular Psychology - Scott O.

Lilienfeld 2011-09-15

50 Great Myths of Popular Psychology uses popular myths as a vehicle for helping students and laypersons to distinguish science from pseudoscience. Uses common myths as a vehicle for exploring how to distinguish factual from fictional claims in popular psychology Explores topics that readers will relate to, but often misunderstand, such as 'opposites attract', 'people use only 10% of their brains', and 'handwriting reveals your personality' Provides a 'mythbusting kit' for

evaluating folk psychology claims in everyday life Teaches essential critical thinking skills through detailed discussions of each myth Includes over 200 additional psychological myths for readers to explore Contains an Appendix of useful Web Sites for examining psychological myths Features a postscript of remarkable psychological findings that sound like myths but that are true Engaging and accessible writing style that appeals to students and lay readers alike [Me mudo de sistema](#) - Cecilia Monllor 2014-04-08

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 perdías 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!

59 Seconds - Richard Wiseman
2010-01-05

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
59 segundos - Richard John
Wiseman 2010
¿Por qué los libros de
autoayuda proponen soluciones
tan complicadas? El
catedrático de psicología
Richard Wiseman expone los
mitos modernos de la mente
promovidos por la industria de
la autoayuda y presenta un
nuevo enfoque para el cambio
que ayuda a individuos a lograr
sus metas y ambiciones en
cuestión de minutos, no de
meses. Del estado de ánimo a
la memoria, de la persuasión a
la procrastinación y de la
resistencia a las relaciones,
Wiseman resume las
investigaciones en las que se
apoya la nueva ciencia del
cambio rápido y describe cómo
estas técnicas tan veloces y
poco convencionales pueden
incorporarse a la vida
cotidiana. Averigua cómo ser
más creativo y productivo
gracias a las plantas. Descubre
por qué ponerte un lápiz entre
los dientes hace que te sientas
más feliz.

Introduction to Documentary, Second

Edition - Bill Nichols
2010-12-07

This new edition of Bill
Nichols's bestselling text
provides an up-to-date
introduction to the most
important issues in
documentary history and
criticism. Designed for
students in any field that
makes use of visual evidence
and persuasive strategies,
Introduction to Documentary
identifies the distinguishing
qualities of documentary and
teaches the viewer how to read
documentary film. Each
chapter takes up a discrete
question, from "How did
documentary filmmaking get
started?" to "Why are ethical
issues central to documentary
filmmaking?" Carefully revised
to take account of new work
and trends, this volume
includes information on more
than 100 documentaries
released since the first edition,
an expanded treatment of the
six documentary modes, new
still images, and a greatly
expanded list of distributors.

Paranormality - Richard
Wiseman 2015-01

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
Psychological Science - Michael S. Gazzaniga 2015-02 Reflecting the latest APA Guidelines and accompanied by an exciting, new, formative, adaptive online learning tool, Psychological Science, Fifth Edition, will train your students to be savvy, scientific thinkers.
59 segundos - Richard Wiseman 2012-05-03

101 Bets You Will Always Win - Richard Wiseman 2016-09-27

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.

Futbolandia - Manuel Rodríguez García 2011-11-01 "A menudo me he tenido que comer mis palabras y he descubierto que eran una dieta equilibrada", decía Winston Churchill. En Futbolandia me vuelvo a atrever como en La Ignorática y el fútbol en 2009 o

Apología del fútbol en 2010, mis libros anteriores. Y surgen ensoñaciones y realidades del fútbol como "Mis sueños de fútbol, ser jugador o entrenador, surrealismos de este deporte-negocio, la creación del factor FIB (Felicidad Interior Bruta), los miedos y las lágrimas, el factor confianza, la experiencia, las ranas en el fútbol, etcétera". También incorporé diversos apuntes sobre Guardiola, Marcelo Bielsa, José Pellegrini, Manolo Preciado o José Mourinho, entrenadores y ejemplos vivos de liderazgo. Con el añadido de una visión muy particular de la victoria de la Selección Española de fútbol en el Mundial de Sudáfrica 2010. Y mi homenaje personal a un amigo de la niñez, Vicente del Bosque. También, plasmando algunas habilidades de los futbolistas: Zidane, Ronaldinho, Garrincha, Laudrup, Raul, Cristiano Ronaldo, Messi... virgueros de este deporte. Mark Twain dijo que "la diferencia entre la palabra adecuada y la casi correcta es la misma que entre

el rayo y la luciérnaga". Ahora que juzguen los que lean este libro si fui rayo o luciérnaga. Yo ya he jugado mi liga particular de fútbol escribiendo Futbolandia.

59 segundos - Richard

Wiseman 2015-03-26

Para realizar un cambio efectivo y duradero en tu vida, no hace falta invertir mucho tiempo. De hecho, puede hacerse en menos de un minuto. Gracias a sus investigaciones científicas, el psicólogo más innovador de la actualidad te proporciona las pautas para cambiar cualquier aspecto personal con el que no estés satisfecho: desde tu situación laboral hasta tu relación sentimental, pasando por tu entorno familiar o por problemas de estrés o autoestima. Solo necesitas 59 segundos o menos.

The As If Principle - Richard

Wiseman 2014-01-21

The best-selling author of 59 Seconds challenges popular self-help approaches while counseling readers to take specific actions to improve outlook and circumstances,

drawing on scientific findings to demonstrate how simple physical activities, from smiling to walking briskly, can alleviate common challenges.

Rip it Up - Richard Wiseman

2015-01-15

Rip up this book and unleash your hidden potential Most self-help books encourage you to think differently; to think yourself thin, imagine a richer self or to visualize the perfect you. This is difficult, time consuming and often doesn't work. Drawing on a dazzling array of scientific evidence, psychologist Richard Wiseman presents a radical new insight that turns conventional self-help on its head: simple physical actions represent the quickest, easiest and most powerful way to instantly change how you think and feel. So don't just think about changing your life. Do it. *Discover the simple idea that changes everything *Lose weight * Stop smoking * Feel instantly younger

Ikgai - Héctor García

2017-08-29

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“Workers looking for more fulfilling positions should start by identifying their ikigai.”

—Business Insider “One of the unintended—yet

positive—consequences of the [pandemic] is that it is forcing people to reevaluate their jobs, careers, and lives. Use this time wisely, find your personal ikigai, and live your best life.”

—Forbes Find your ikigai (pronounced ee-key-guy) to live longer and bring more meaning and joy to all your days. “Only staying active will make you want to live a hundred years.”

—Japanese proverb According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world’s longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—where what you love, what you’re good at, what you can get paid for, and what the world needs all overlap—means that each day is infused with meaning. It’s the reason we get up in the

morning. It’s also the reason many Japanese never really retire (in fact there’s no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they’ve found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world’s Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai.

Because who doesn’t want to find happiness in every day?

Magic in Theory - Peter Lamont
2005

A useful manual for any magician or curious spectator who wonders why the tricks seem so real, this guide

examines the psychological aspects of a magician's work. Exploring the ways in which human psychology plays into the methods of conjuring rather than focusing on the individual tricks alone, this explanation of the general principles of magic includes chapters on the use of misdirection, sleight of hand, and reconstruction, provides a better understanding of this ancient art, and offers a section on psychics that warns of their deceptive magic skills.

The Luck Factor - Max Gunther
2010-03-02

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!

Did You Spot The Gorilla? -
Richard Wiseman 2011-06-30

In a recent series of groundbreaking psychological experiments, volunteers were shown a 30-second film of some people playing basketball and told to count the number of passes made with the ball. After just a few seconds, a man dressed as a gorilla slowly walked into frame, beat his chest at the camera, and sauntered off. Unbelievably, almost none of the people watching the film noticed the gorilla. Exactly the same

psychological mechanisms that cause people to miss the gorilla also make them miss unexpected but vitally important opportunities in their professional and personal lives. This book outlines the scientific evidence and thinking behind this remarkable new phenomenon, and shows you how you can spot gorillas in your life - and what to do when you see one.

1434 - Gavin Menzies 2008

The brilliance of the Renaissance laid the foundation of the modern world. Textbooks tell us that it came about as a result of a rediscovery of the ideas and ideals of classical Greece and Rome. But now bestselling historian Gavin Menzies makes the startling argument that in the year 1434, China--then the world's most technologically advanced civilization--provided the spark that set the European Renaissance ablaze. From that date onward, Europeans embraced Chinese intellectual ideas, discoveries, and inventions, all of which form the basis of western civilization

today.--From amazon.com.

The Ikigai Journey - Hector Garcia 2020-06-23

In *The Ikigai Journey*, authors Hector Garcia and Francesc Miralles take their international bestseller *Ikigai: the Japanese Secret to a Long and Happy Life* a step further by showing you how to find your own ikigai through practical exercises, such as employing new habits and stepping outside your comfort zone. Ikigai is the place where our passion (what we love), mission (what we hope to contribute), vocation (the gifts we have to offer the world) and profession (how our passions and talents can become a livelihood) converge, giving us a personal sense of meaning. This book helps you bring together all of these elements so that you can enjoy a balanced life. Our ikigai is very similar to change: it is a constant that transforms depending on which phase of life we are in. Our "reason for being" is not the same at 15 as it is at 70. Through three sections, this book helps you to

accept and embrace that-- acting as a tool to revolutionize your future by helping you to understand the past, so you can enjoy your present. Section 1--Journey Through the Future: Tokyo (a symbol of modernity and innovation) Section 2-- Journey Through the Past: Kyoto (an ancient capital moored in tradition) Section 3-- Journey Through the Present: Ise (an ancient shrine that is destroyed and rebuilt every twenty years) Japan has one of the longest life spans in the world, and the greatest number of centenarians--many of whom cite their strong sense of ikigai as the basis for their happiness and longevity. Unlike many "self-care" practices, which require setting aside time in an increasingly busy world, the ikigai method helps you find peace and fulfillment in your busy life.

Galatea 2.2 - Richard Powers 2004

The protagonist, a Humanist-in-Residence at the center for Advanced Scientific Research, gets involved with a project to train a machine to pass a

comprehensive exam in English literature--and with the degree candidate against whom the machine is competing. Reprint.

Arte y ciencia del actor -

Gianluca Testa 2022-05-06

Este libro es una introducción a algunos de los presupuestos que han contribuido al nacimiento de la *Espressività Generativa™*, técnica de interpretación y método de evolución personal ya conocido y difundido en el ámbito internacional, y nace de la exigencia de una respuesta a dos preguntas: 1 ¿Cómo pueden el arte y la ciencia de los actores convertirse en un método para mejorar la vida del individuo, influyendo sobre la estructura de la experiencia subjetiva y potenciando el impacto de su comunicación verbal, paraverbal y no verbal, sobre sí mismo y sobre los demás? 2 ¿Cómo pueden algunos de los últimos descubrimientos de la ciencia en los campos de la psicología, la comunicación y la lingüística perfeccionar el arte del actor y su capacidad de identificarse con un personaje y de

interpretar una escena de modo creíble? La expresividad generativa de Gianluca Testa es un método de transformación personal capaz de potenciar la capacidad de generar estados y mejorar la actuación a través del impacto de la comunicación verbal, paraverbal y no verbal sobre nosotros mismos y sobre otros, alterando la percepción sensorial y emotiva del mundo que nos rodea y creando nuevas realidades, posibilidades y recursos.

Translator: Mariano Bas
PUBLISHER: TEKTIME
Destiny's Gate - Lee Bice-Matheson 2014-07-25

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....

59 segundos (bolsillo) -

Tools of Titans - Timothy

Ferriss 2017

"Fitness, money, and wisdom-- here are the tools. Over the last two years ... Tim Ferriss has collected the routines and tools of world-class performers around the globe. Now, the distilled notebook of tips and tricks that helped him double his income, flexibility, happiness, and more is available as Tools of Titans"-- Page 4 of cover.

Made to Stick - Chip Heath
2007-01-02

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.