

59 Seconds: Motivation



Overcoming procrastination, how to achieve absolutely anything by creating the perfect plan, the dark side of visualization, and employing doublethink.... Most people would like to be more motivated. For years, gurus and life coaches have urged people to improve their lives by changing the way they think and behave, but scientific research has revealed that many of their techniques, from visualization to self-affirmation, are ineffective. Fortunately, psychologist Richard Wiseman is on hand to provide fast-acting, myth-busting scientific answers to a huge range of everyday problems. From creating the perfect plan to really losing weight, personal and professional success may be less than a minute away.

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