59 Segundos Richard Wiseman

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».

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.

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 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

Lições de vida, táticas e ferramentas para alcançar sucesso, produtividade e reconhecimento Tim Ferriss, autor best-seller do The New York Times, já entrevistou mais de 200 convidados no The Tim Ferriss Show, podcast que ultrapassou a marca de 200 milhões de downloads. Celebridades como Arnold Schwarzenegger, investidores como Ben Horowitz, atletas lendários, oficiais do Comando de Operações Especiais dos Estados Unidos e até cientistas estão entre os titãs que passaram pelo programa. Despois de dois anos de entrevistas, Tim decidiu reunir em um livro as conversas e as respostas a perguntas como: O que você faz na primeira hora depois de acordar?; Qual é sua rotina de exercícios?; Quais são as maiores perdas de tempo para os novatos em sua área de atuação?; Que suplementos você toma?. Depois de testar e aplicar na própria rotina todas as dicas dos entrevistados, o autor garante que as ferramentas o salvaram de anos de esforços desperdiçados e frustração. E agora, as melhores táticas — que ajudaram Tim a dobrar sua renda, flexibilidade e felicidade — estão disponíveis em Ferramentas dos titãs.

The Multiplier Effect
Otra vuelta a la economía
Cetacean Paleobiology
The Luck Factor
Night School

59 Seconds

Tapping the Genius Inside Our Schools

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 Poster air circulate effortlessly. Meanwhile, people with important ideas—entrepreneurs, reaction, rong truth can even get its boots on." His observation rings true: Urban legends, conspiracy theories, and bogus news stories (and pour native in pour for the same starts). When while, people with the 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 sticks make ideas—entrepreneurs, is described to prove a point 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 elementary-school teacher whose simulation actually prevented racial prejudice. Provocative, eye-opening, and often surprisingly funny, Made to Stick shows us the vital prejudice provocative, eye-opening, and often surprisingly funny, Made to Stick shows us the vital prejudice and tells us how we can paply these rules to making our own messages stick.

Un combo de 2 libros que incluye los siguientes dos libros: Libro 1: ¿Alguna vez has oido hablar del "secreto"? Este libro habla sobre la ley de la atracción y cómo funciones de este 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 algunas de las conclusiones más importantes que puede sacar de ese libro de manera segura. Junto con eso, repasaremos algunas personas no entienden que es la verdadera motivación pro que no es una formula simple entre la motivación intrinseca y extrínseca, y cómo puede aprovechar ambos conceptos para us mejores interpede a que to

"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, en el Mundial de sudáfrica 2010. Y mi homenes 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 homenes y ejemplos vivos de liderago. 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 homenes y ejemplos vivos de liderago. Con el añadido de una visión muy particular de la victoria de

Rip it Up

Money Is My Friend

Y otras situaciones peligrosas

Unequal Political Voice and the Broken Promise of American Democracy

Why we see what isn't there

Why we see w 59 segundos

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 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.

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 telepathy, clairvoyants, mediums, ghosts, and more... "People are emotionally drawn to the supernatural. They actively want telepathy, clairvoyants, mediums, ghosts, and more... "People are emotionally drawn to the supernatural. They actively want telepathy, clairvoyants, mediums, ghosts, and more... "People are emotionally drawn to the supernatural. They actively want telepathy, 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 unravels the supernatural and out-of-body experiences produces remarkable insights into our brains, behaviour andbeliefs. 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 points.

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.

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!

Jaw-Dropping Illusions, Remarkable Riddles, Scintillating Science Stunts, and Cunning Conundrums That Will Astound and Amaze Everyone You Know

59 segundos (bolsillo)

How We Discover the Big Truths in Small Things

Estrategias secretas de cuerpo-mente

The As If Principle Magic in Theory

Tools of Titans

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, provides a better understanding of this ancient art, and offers a section on psychics that warns of their deceptive magic skills.

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 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 characteristic rabbi and a political activity 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.

¿Somos conscientes de la verdadera importancia del sueño para 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 decisive decisive in y bienestar.

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

piensa un poco para cambiar mucho

The Caste War of YucatÃin

An Essay on the Meaning of the Comic

Why Some Ideas Survive and Others Die

An Introduction to the Theoretical and Psychological Elements of Conjuring

Think a Little, Change a Lot

Quirkology

American Report

This is the classic account of one of the most dramatic episodes in Mexican history--the revolt of the Maya Indians of Yucatán against their white and mestizo oppressors that began in 1847. Within a year, the Maya rebels had almost succeeded in driving their oppressors from the peninsula; by 1855, when the major battles ended, the war had killed or put to flight almost half of the population of Yucatán. A new religion built around a Speaking Cross supported their independence for over fifty years, and that religion survived the eventual Maya defeat and continues today. This revised edition is based on further research in the archives and in the field, and draws on the research by a new generation of scholars who have labored since the book's original publication 36 years ago. One of the most significant results of this research is that it has put a human face on much that had heretofore been treated as semi-mythical. Reviews of the First Edition "Reed has not only written a fine account of the caste war, he has also given us the first penetrating analysis of the social and economic systems of Yucatán in the nineteenth and twentieth centuries."

--American Historical Review "In this beautifully written history of a little-known struggle between several contending forces in Yucatán, Reed has added an important dimension to anthropological studies in this area." --American Anthropologist "Not only is this exciting history (as compelling and dramatic as the best of historical fiction) but it covers events unaccountably neglected by historians. . . . This is a brilliant contribution to history. . . . Don't miss this book." --Los Angeles Times "One of the most remarkable books about Latin America to appear in years." --Hispanic

Neste livro encontrará vinte e seis comportamentos e habitos práticos, numa linguagem clara e sucinta, que o ajudarão a ter (e vender) ideias mais criativas. São o resultado da aprendizagem clown do autor, da análise de ideias de sucesso, e da sua vasta experiência como formador em diversas

empresas. O treino regular destes hábitos vai libertar a sua criatividade pessoal, aumentar o desempenho critativo das equipas de trabalho e, como consquência, tornar a sua organização mais inovadora. Quer pensar em formas mais positivas e criativas de fazer as coisas? Quer surpreender os seus clientes? Só precisa de libertar o seu palhaco interior. Joga? Da estrutura da obra fazem parte, entre outros, os seguines capítulos: Clone ou Clown?; Disciplinar o Ego; Ser Tolo; Fracassar Melhor; Improvisar; Aproveitar o Acaso; Simplificar; Ouvir a Intuição; Usar Ferramentas de Criatividade; Querer Ser Excelente: Treinar, Treinar, Treinar

"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

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.

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

Filosofía para la vida

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

Destiny's Gate

Paranormality

Last Queen of Egypt

Cetaceans (whales, dolphins, and porpoises) have fascinated and bewildered humans throughout history to over 50 million years ago. Alone and leave to over 50 million years ago. Alone affinities have been long recognized, but exactly which group of terrestrial mammals they descend from has, until recently, remained in the dark. Recent decades have produced a flurry of new fossil cetaceans, extending their fossil history to over 50 million years ago. with new insights from genetics and developmental studies, these discoveries have helped to clarify the place of cetaceans among mammals, and enriched our understanding of their unique adaptations for feeding, locomotion and sensory systems. Their continuously improving fossil record and successive transformation into highly specialized marine mammals have made cetaceans a textbook case of evolution - as iconic in its own way as the origin of birds from dinosaurs. This book aims to summarize our current understanding of cetacean evolution for the serious student and interested amateur using photographs, drawings, charts and illustrations.

Basándose en los últimos estudios científicos, Nacho nos acerca al mundo de la resiliencia, 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 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 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 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 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 el flirteo, el mundo del trabajo, la terapia de Aceptación y el flirteo, el mundo del trabajo, la terapia de Aceptación y el flirteo, el mundo del trabajo, la terapia de Aceptación y el flirteo, el mundo del trabajo, la terapia de Aceptación y el flirteo, el mundo del trabajo, la terapia de Aceptación y el flirteo, el mundo del trabajo, la terapia de Aceptación y el flirteo, el mundo del trabajo, la terapia de Aceptación y el flirteo, el mundo del trabajo, la terapia de Aceptación y el flirteo, el mundo del trabajo, la terapia de Aceptación y el flirteo, el mundo del trabajo, la terapia de Aceptación y el flirteo, el mundo del trabajo de Aceptación y el flirteo, el mundo del trabajo de Aceptación y el flirteo, el mundo del trabajo de Aceptación y el flirteo, el mundo del trabajo de Aceptación y el flirteo, el mundo del traba 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

'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 phenomena don't exist. But in the same way that the science 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 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 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 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 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 chase into the supernatural and is packed with activities that allow you to experience the impossible. So throw away your crystals, ditch your lucky chase into the supernatural and is packed with activities that allow you to experience the impossible. So throw away your crystals, ditch your lucky chase into the supernatural and is packed with activities that allow you to experience the impossible. So throw away your crystals, ditch your lucky chase into the supernatural and is packed with activities that allow you to experience the impossible and the supernatural and is packed with activities that allow you to experience the supernatural and is packed with activities that allow you to experience the supernatural and is packed with activities that allow you to experience the supernatural and is packed with activities that allow you to experience the supernatural and is packed with a supernatural and is packed with a supernatural and is packed with a supernatural an 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 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 as

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 pare 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 Unheavenly Chorus

What Landing a Man on the Moon Teaches Us About Collaboration, Creativity, and the Mind-set for Success

Moonshot

The Year a Magnificent Chinese Fleet Sailed to Italy and Ignited the Renaissance

The Japanese Secret to a Long and Happy Life

¿Un nuevo corazón para el fútbol?

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.

¿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.

She was the last ruler of the Macedonian dynasty of Ptolemies who had ruled Egypt for three centuries. Highly educated (she was the only one of the Ptolemies to read and speak ancient Egyptian as well as the court Greek) and very clever (her famous liaisons with Julius Caesar and Mark Antony were as much to do with politics as the heart), she steered her kingdom through impossibly taxing internal problems and railed against greedy Roman imperialism. Stripping away preconceptions as old as her Roman enemies, Joyce Tyldesley uses all her skills as an Egyptologist to give us this magnificent biography.

59 segundosRBA Libros

Escuela del sueño

Cómo pasar de la resignación a la acción

Gospel According to Lazarus

Ferramentas dos Titãs

Applying Eternal Wisdom to Everyday Problems

Arte y ciencia del actor

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!

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

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.

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.

Ley de la atracción

Plato, Not Prozac! Made to Stick

Ensoñaciones, realidades y virguerías del fútbol

Laughter

Me mudo de sistema

The Tactics, Routines, and Habits of Billionaires, Icons, and World-class Performers

discover your own ikigai. Because who doesn't want to find happiness in every day?

In a recent series of ground-breaking psychological experiments, volunteers were shown a 30-second film of some 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.

"The Unheavenly Chorus is classic Schlozman, Verba, and Brady: a timely, deeply researched examination of participatory inequalities in American civic life. Ranging broadly from interest groups to voting to protests and social movements, the authors use their combined decades of research and reflection to paint a powerful and revealing picture of the landscape of citizen involvement in politics--and the stark tilt of that landscape toward those at the top of the economic ladder. Essential reading."--Jacob S. Hacker, coauthor of Winner-Take-All Politics: How Washington Made the Rich Richer--and Turned Its Back on the Middle Class "The Unheavenly Chorus is the definitive study of participatory inequality in America. Marshaling prodigious evidence, the authors show how money not only buys influence directly but also affects associations that are supposed to be democratic antidotes to concentrated wealth. A monumental achievement of careful scholarship, this book is the definitive study of participatory inequality in America. offers real knowledge of how politics actually operates."--Robert Kuttner, coeditor, The American Prospect "Here, finally, is the analysis we've been waiting for. With extraordinary rigor and utmost care, three of the nation's most eminent politics is inextricably linked to income and education. The most affluent and best-educated citizens are consistently overrepresented, which threatens the core democratic principle of equal responsiveness to all. This is a masterful work, certain to be a classic."--Robert Reich, University of California, Berkeley "This book is one of the decade."--Frank R. Baumgartner, coauthor of Agendas and Instability in American Politics "What the authors have done here is to write a book about both majoritarian and pluralist democracy is ill and that the statistics they've assembled are not abstractions but represent inequality of opportunity in everyday life. In its own dignified and scholarly way, The Unheavenly Chorus voices outrage."--Jeffrey M. Berry, coeditor of The Oxford Handbook of American Political Parties and Interest Groups "The Unheavenly Chorus is a tour de force. It attacks a timely yet timeless set of issues that are critical to understanding the extent of--and possibilities for--democratic governance and political voice."--Dara Z. Strolovitch, author of Affirmative Advocacy: Race, Class, and Gender in Interest Group Politics 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.

For over twenty years, psychologist Richard Wiseman has examined the guirky 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 person's research has involved and wonderful work. Wiseman's research has involved and wonderful work 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 and wonderful work 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 and work 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 and work 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 and work work work work in the secret science behind speed-dating and personal ads. secretly observing people as they go about their daily business, conducting unusual experiments in art exhibitions and music concerts, and even staging fake s é ances 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. As estrat é gias, h á bitos e rotinas de bilion á rios, celebridades e atletas de elite

De Clone a Clown Cleopatra

Did You Spot The Gorilla?

C ó mo usar las vibraciones para manifestar riqueza y m á s (2 en 1)

Futbolandia

Why Some People Are Luckier Than Others and How You Can Become One of Them

INTERNATIONAL BESTSELLER • 1.5 MILLION+ COPIES SOLD WORLDWIDE "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 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 we get up 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 find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you

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 doesnâe (tm)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 *Discover the simple idea that changes everything *Lose weight * Stop smoking * Feel instantly younger

The Radically New Approach to Changing Your Life