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Expressing gratitude, thinking about a perfect future, and affectionate writing have been scientifically proven to work—and all they require is a pen, a piece of paper, and a few moments of your time. ” . Richard Wiseman, 59 Seconds: Think a Little, Change a Lot. 4 likes.

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You don't have to read very far into *59 Seconds: Think a Little, Change a Lot* (Amazon), before you realize that Richard Wiseman is a man who does his homework. Shortly after his encounter with Sophie, a bright, successful management consultant, the author describes collecting hundreds of behavioral research studies on the subject of increasing happiness.

Well-read Wednesdays - *59 Seconds: Think a Little, Change ...*

59 Seconds: Think a Little, Change a Lot by Richard Wiseman Most people would like to be more creative, more persuasive and more attractive. 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 group brainstorming to visualization, are ineffective.

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A leading think tank has suggested that the net rise in jobs would come through diversifying to renewables and takes into account a long-term decline in the North Sea's oil and gas industry.

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