



# **59 Seconds: Summary of the Key Ideas - Original Book by Richard Wiseman: Think a Little, Change a Lot**

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Improving your life does not require a lot of time; with the right techniques, significant changes can be made in less than a minute. It only takes 59 seconds to become more motivated, creative, happier or better at persuading others. Small adjustments in your everyday schedule can amount to big changes in your life.

Who should read this book:

- Anyone who is unhappy with his/her current life.
- Leaders looking for effective ways to motivate employees.
- People who are interested in psychology and in how our feelings are influenced by our behavior.

In this summary:

Chapter 1: Become happier by developing a gratitude attitude

Chapter 2: Mirror other people's actions to persuade them more easily

Chapter 3: Visualize the positive effects of achieving your goal

Chapter 4: Get more creative ideas by putting plants in your office

Chapter 5: Make use of the power of touch to become more likeable

Chapter 6: In a relationship, positive statements should outweigh negative ones

Chapter 7: When you get angry, take a break and focus on the good things

Chapter 8: Activate your unconscious mind to make better decisions

Chapter 9: Praise children for their efforts, not for their ability

Chapter 10: Use the "Big Five" to identify someone's personality type

Chapter 11: Final Summary

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