Rip It Up Richard Wiseman Pdf

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The 6 Most Important Decisions You'll Ever Make Sean Covey 2017-10-31 From the author of the wildly popular bestseller The 7 Habits of Highly Effective Teens comes the go-to guide that helps teens cope with major challenges they face in their lives—now updated for today's social media age. In this newly revised edition, Sean Covey helps teens figure out how to approach the six major challenges they face: gaining self-esteem, dealing with their parents, making friends, being wise about sex, coping with substances, and succeeding at school and planning a career. Covey understands the pain and confusion that teens and their parents experience in the face of these weighty, life-changing, and common difficulties. He shows readers how to use the 7 Habits to cope with, manage, and ultimately conquer each challenge—and become happier and more productive. Now updated for the digital and social media age, Covey covers how technology affects these six decisions, keeping the information and advice relevant to today's teenagers.

Applying Psychology to Everyday Life Kenneth T. Strongman 2007-12-10 This text gives a general introduction to the subject but in a way that demonstrates its applicability to their work and to everyday life, whilst remaining academically grounded. It demonstrates how psychology can make a practical difference in the 'real world'. Topics covered include emotions, motivation, social life and the lifespan. Basic, up-to-date introduction to psychological concepts Practical exercises and techniques Scene setting examples from real life

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

The New Topping Book Dossie Easton 2011-11-07 Two decades ago, this book (and its companion volume, The New Bottoming Book) began teaching tens of thousands of people the joyous arts of BDSM topping and bottoming - not just "how-to," but "why-to"... the insider details of emotional support and ethical interaction during kinky play. Since then, the growing popularity of BDSM, and the blossoming of the Internet as a source of information and connection, have created a whole new universe of possibilities for players. Now, the completely updated revised New Topping Book gives even more insights and ideas, updated for a new millennium, about how to be a successful, popular player! "Easton and Hardy tackle the Top... and bring that elusive critter down neatly and with a certain flair. This is good stuff, important stuff... an excellent guide to topping, both for the rank novice and for the player who just wants words to put to all the thoughts and feelings that have resisted categorization." - Laura Antoniou, Sandmuttonian Guardian

Songwriting For Dummies Dave Austin 2010-07-08 Proven techniques for songwriting success This friendly, hands-on guide tackles the new face of the recording industry, guiding you through the shift from traditional sales to downloads and mobile music, as well as how you can harness social media networks to get your music "out there." Get basic songwriting concepts, insider tips and advice, and inspiration for writing — and selling — meaningful, timeless songs. Songwriting 101 — get a grip on everything you need to know to write a song, from learning to listen to your "inner voice" to creating a "mood" and everything in between Jaunt around the genres — discover the variety of musical genres and find your fit, whether it’s rock, pop, R&B, gospel, country, or more Let the lyrics out — master the art of writing lyrics, from finding your own voice to penning the actual words to using hooks, verses, choruses, and bridges Make beautiful music — find your rhythm, make melodies, and use chords to put the finishing touches on your song Work the Web — harness online marketing and social networks like Facebook, Twitter, and others to get your music heard by a whole new audience

Open the book and find: What you need to know before you write a single note Tips on finding inspiration Ways to use poetic devices in lyrics Computer and Web-based shortcuts and technologies to streamline songwriting A look at famous songwriting collaborators Writing for stage, screen, and television How to make a demo to get your song heard Advice on how to make money from your music Learn to: Develop your songwriting skills with tips and techniques from the pros Use social networking sites to get your music out to the public Break into the industry with helpful, how-to instructions

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.

Captivate Vanessa Van Edwards 2017-04-25 Do you feel awkward at networking events? Do you wonder what your date really thinks of you? Do you wish you could decode people? You need to learn the science of people. As a human behavior hacker, Vanessa Van Edwards created a research lab to study the hidden forces that drive us. And she’s cracked the code. In Captivate, she shares shortcuts, systems, and secrets for taking charge of your interactions at work, at home, and in any social situation. These aren't the people skills you learned in school. This is the first comprehensive, science backed, real life manual on how to captivate anyone—and a completely new approach to building connections. Just like knowing the formulas to use in a chemistry lab, or the right programming language to build an app, Captivate provides simple ways to solve people problems. You'll learn, for example, how to work a room: Every party, networking event, and social situation has a predictable map. Discover the sweet spot for making the most connections. How to read faces: It's easier than you think to speed-read facial expressions and use them to predict people's emotions. How to talk to anyone: Every conversation can be memorable—once you learn how certain words generate the pleasure hormone dopamine in listeners. When you understand the laws of human behavior, your influence, impact, and income will increase significantly. What's more, you will improve your interpersonal intelligence, make a killer first impression, and build rapport quickly and authentically in any situation—negotiations, interviews, parties, and pitches. You'll never interact the same way again.

Congressional Intern Handbook Sue Grabowski 1996 Digital Literacies Colin Lankshear 2008 This book brings together a group of internationally-reputed authors in the field of digital literacy. Their essays explore a diverse range of the concepts, policies and practices of digital literacy, and discuss how digital literacy is related to similar ideas: information
literacy, computer literacy, media literacy, functional literacy and digital competence. It is argued that in light of this diversity and complexity, it is useful to think of digital literacies - the plural as well the singular. The first part of the book presents a rich mix of conceptual and policy perspectives; in the second part contributors explore social practices of digital remixing, blogging, online trading and social networking, and consider some legal issues associated with digital media. The New Bottoming Book Dossie Easton 2011-06-09 Three decades ago, this book and its companion volume "The New Topping Book" began teaching tens of thousands of people the joys of art of BDSM topping and bottoming - not just "how-to," but "why-to."... the insider details of emotional support and ethical interaction during kinky play. Since then, the growing popularity of BDSM, and the blossoming of the Internet as a source of information and innovation, have created a universe of possibilities for players. Now, the completely updated revised New Bottoming Book and New Topping Book give even more insights and ideas, updated for a new millennium, about how to be a successful, popular player! What the experts are saying "The only way I can think of to learn more about bottoming than Dossie Easton and Janet Hardy teach you in [The New Bottoming Book] is to go out and bottom for yourself." - William A. Henkin, Ph.D., co-author, Consensual Sadomasochism The Luck Factor Richard Wiseman 2011-01-25 IS LUCK REAL? Why do some people lead happy, fulfilling lives whilst others face repeated failure and sadness? Why do some find their perfect partner whilst others stagger from one broken relationship to the next? What enables some people to have successful careers whilst others find themselves trapped in jobs they detest? And can unlucky people do anything to improve their luck - and lives? Ten years ago, Professor Richard Wiseman decided to search for the elusive luck factor by investigating the actual beliefs and experiences of lucky and unlucky people. The results reveal a radical new way of looking at luck: in many important ways, we make our own luck. If you think you're unlucky, that bad luck may be the direct result of you believing you're unlucky. Wiseman identifies the four simple behavioural techniques that have been scientifically proven to help you attract good fortune. He then shows how you can use these methods to revolutionise every area of your life - including your relationships, personal finances and career. Passion of the Western Mind Richard Tarnas 2011-10-19 [This] magnificent critical survey, with its inherent respect for both the 'West's mainstream high culture' and the 'radically changing world' of the 1990s, offers a new breakthrough for lay and scholarly readers alike...Allows readers to grasp the big picture of Western culture for the first time. * SAN FRANCISCO CHRONICLE Here are the great minds of Western civilization and their pivotal ideas, from Plato to Hegel, from Augustine to Nietzsche, from Copernicus to Freud. Richard Tarnas performs the near-miracle of describing profound philosophical concepts simply but without simplifying them. Ten years in the making and already hailed as a classic, THE PASSION OF THE WESTERN MIND is truly a complete liberal education in a single volume. Emotions as Commodities Eva Illouz 2017-09-28 Capitalism has made rationality into a pervasive feature of human action and yet, far from heralding a loss of emotionality, capitalist culture has been accorded an unprecedented new function of emotional life. This raises the question: how could we have become increasingly rationalized and more intensely emotional? Emotions as Commodities offers a simple hypothesis: that consumer acts and emotional life have become closely and inseparably intertwined with each other, each defining and enabling the other. Commodities facilitate the experience of emotions, and so emotions are converted into commodities. The contributors of this volume present the co-production of emotions and commodities as a new type of commodity that has gone unseen and unanalyzed by theories of consumption - emotion. Indeed, this entire book explores how emotion includes atmospheric or mood-producing commodities, relation-marking commodities and mental commodities, all of which the purpose it is to change and improve the self. Analysing a variety of modern day situations such as emotional management through music, creation of urban sexual atmospheres and emotional transformation through psychotherapy, Emotions as Commodities will appeal to scholars, postgraduate students and postdoctoral researchers interested in fields such as Sociology, Cultural Studies, Marketing, Anthropology and Consumer Studies. Testimonios: Stories of Latinx and Hispanic Mathematicians Pamela E. Harris 2021-08-16 Testimonios brings together first-person narratives from the vibrant, diverse, and complex Latinx and Hispanic mathematical community. Starting with childhood and family, the authors recount their own individual stories, highlighting their upbringing, education, and career paths. Their particular stories, told in their own voices, from their own perspectives, give visibility to some of the experiences of Latinx/Hispanic mathematicians. Testimonios seeks to inspire the next generation of Latinx and Hispanic mathematicians by featuring the stories of people like them, holding a mirror up to our own community and aiming to provide a window for all mathematicians (and aspiring mathematicians) from all ethnicities, with the hope of inspiring a better understanding of the diversity of the mathematical community. The Little Book Of Luck Richard Wiseman 2011-06-30 This little book is a distillation of Richard Wiseman's research into how to lead a luckier life. Featuring much new material - including original 'charm' designs that will help you to stay lucky - as well as an overview of the four principles that make up The Luck Factor, this is a fun and accessible insight into the scientific principles of good fortune. Small enough to fit in your pocket, its contents are powerful enough to change your life! Did You Spot The Gorilla? Richard Wiseman 2011-06-30 In a recent series of ground-breaking 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. How You See Me, How You Don't Cynthia M. Frisy 2015-03-17 This book shows readers how the media really works, giving a much deeper insight and context to the uses, gratifications, and effects of media exposure as well as how media stories are framed in order to help audiences understand what it means to be a girl, boy, man, woman, white, black, etc. With chapters and research dedicated to racism, sexism, and other disparities in media, this text goes far beyond the range of traditional readers. New, innovative research studies presented in each chapter of this book have been carefully chosen to keep topic coverage timely and research findings accessible and engaging for students and professionals in the mass media industry. It is no secret that today's media landscape is ever evolving and changing at a fast and furious pace. And although students are familiar with and may be familiar with changing media environments like social media and digital technologies, they may not understand how these media changes have affected others and changes in the media landscape change how audiences understand what it means to be a girl, boy, man, woman, white, black, etc. Paranoia Richard Wiseman 2015-01-01 Bestselling psychologist Richard Wiseman unravels the science behind our beliefs in telepathy, clairvoyants, mediums, ghosts, and more... “People are emotionally driven to the supernatural. They actively believe weird, spooky things to be true...” Wiseman shows us a higher, freer level of understanding 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.

**Proof of Heaven**

Eben Alexander 2012-10-23 Shares an account of his religiously transformative near-death experience and revealing week-long coma, describing his scientific study of near-death phenomena while explaining what he learned about the nature of human consciousness.

**The Talent Code**

Daniel Coyle 2009-04-28 What is the secret of talent? How do we unlock it? This groundbreaking book provides readers with tools they can use to maximize potential in themselves and others. Whether you’re coaching soccer or teaching a child to play the piano, writing a novel or trying to improve your golf swing, this revolutionary book shows you how to grow talent by tapping into a newly discovered brain mechanism. Drawing on cutting-edge neurology and firsthand research gathered on journeys to nine of the world’s talent hotbeds—from the baseball fields of the Caribbean to a classical-music academy in New York City, Coyle identifies three key elements that will allow you to develop your gifts and optimize your performance in sports, art, music, math, or just about anything. • Deep Practice Everyone knows that practice is a key to success. What everyone doesn’t know is that specific kinds of practice can increase skill up to ten times faster than conventional practice. • Ignition We all need a little motivation to get started. But what separates truly high achievers from the rest of the pack? A higher level of commitment—call it passion—born out of our deepest unconscious desires and triggered by certain primal cues. Understanding how these signals work can help you ignite passion and catalyze skill development. • Master Coaching What are the secrets of the world’s most effective teachers, trainers, and coaches? Discover the four virtues that enable these “talent whisperers” to fuel passion, inspire deep practice, and bring out the best in their students. These three elements work together within your brain to form myelin, a microscopic neural substance that adds vast amounts of speed and accuracy to your movements and thoughts. Scientists have discovered that myelin might just be the holy grail: the foundation of all forms of greatness, from Michelangelo’s to Michael Jordan’s. The good news about myelin is that it isn’t fixed at birth; to the contrary, it grows, and like anything that grows, it can be cultivated and nourished. Combining revelatory analysis with illuminating examples of regular people who have achieved greatness, this book will not only change the way you think about talent, but equip you to reach your own highest potential.

**How To Sell When Nobody’s Buying**

Dave Lakhani 2009-06-15 The most effective sales strategies for tough economic times Today's selling environment is tough, and only getting tougher. The old tactics are no longer working, and the current economy is only making selling more difficult. You need sales tactics and strategies that will work even better when you actually have free will. It helps make us believe that we have an underlying purpose in the world. It can even protect us from the paralyzing awareness of our own mortality. In other words, magical thinking is a completely irrational way of making our lives make rational sense. With wonderfully entertaining stories, personal reflections, and sharp observations, Hutson reveals our deepest fears and longings. He also assures us that it is no accident his surname contains so many of the same letters as this imprint.

**Guyland**

Michael Kimmel 2018-07-24 One of the most eminent scholars and writers on men and masculinity and the author of the critically acclaimed Manhood in America turns his attention to the culture of guys, aged 16 to 26: their attitudes, their relationships, their rules, and their rituals. "Kimmel is our seasoned guide into a world that, unless we are guys, we barely know exists. As he walks with us through dark territories, he points out the significant and reflects on its meaning."—Mary Pipher, Ph.D., author of Reviving Ophelia The passage from adolescence to adulthood was once clear. Today, growing up has become more complex and confusing, as young men drift casually through college and beyond—hanging out, partying, playing with tech toys, watching sports. But beneath the appearance of a simple extended boyhood, a more dangerous social world has developed, far away from the traditional signposts and cultural signals that once helped boys navigate their way to manhood—a territory Michael Kimmel has identified as "Guyland." In mapping the troubling social world where men are now made, Kimmel offers a view into the minds and times of America's sons, brothers, and boyfriends, and he works toward redefining what it means to be a man today—and tomorrow. Only by understanding this world and this life stage can we enable young men to chart their own paths, stay true to themselves, and emerge safely from Guyland as responsible and fully formed male adults.

**The Pilgrim's Progress**

John Bunyan 1678 A unique and compelling look at the spiritual journey undertaken by a humble man in this world and the next. Today shows us how magical thinking makes life worth living. Psychologists have documented a litany of cognitive biases—misperceptions of the world—and explained their positive functions. Now, Matthew Hutson shows us that even the most hardcore skeptic indulges in magical thinking all the time—and it’s crucial to our survival. Drawing on evolution, cognitive science, and neuroscience, Hutson shows us that magical thinking has been so useful to us that it’s hardwired into our brains. It encourages us to think that what we actually have free will. It helps make us believe that we have an underlying purpose in the world. It can even protect us from the paralyzing awareness of our own mortality. In other words, magical thinking is a completely irrational way of making our lives make rational sense. With wonderfully entertaining stories, personal reflections, and sharp observations, Hutson reveals our deepest fears and longings. He also assures us that it is no accident his surname contains so many of the same letters as this imprint.
the essential points of body language with examples from everyday life, leavened with humour and insights that you can use to your advantage in virtually any situation. **What Is Real?** Adam Becker 2018-03-20 The untold story of the heretical thinkers who dared to question the nature of our quantum universe Every physicist agrees quantum mechanics is among humanity's finest scientific achievements. But ask what it means, and the result will be a brawl. For a century, most physicists have followed Niels Bohr's Copenhagen interpretation and dismissed questions about the reality underlying quantum physics as meaningless. A mishmash of solipsism and poor reasoning, Copenhagen endured, as Bohr's students vigorously protected his legacy, and the physics community favored practical experiments over philosophical arguments. As a result, questioning the status quo long remained professional ruin. And yet, finally, the 1002nd physicist to get pranked by Bohr and Hugh Everett persisted in seeking the true meaning of quantum mechanics. What Is Real? is the gripping story of this battle of ideas and the courageous scientists who dared to stand up for truth.

**Making Summer Count** Jennifer Sloan McCombs 2011 Despite long-term and ongoing efforts to close the achievement gap between disadvantaged and advantaged students, low-income students continue to perform at considerably lower levels than their higher-income peers in reading and mathematics. Research has shown that students' skills and knowledge often deteriorate during the summer months, with low-income students facing the largest losses. Instruction during the summer has the potential to stop these losses and propel students toward higher achievement. A review of the literature on summer learning loss and summer learning programs, coupled with data from ongoing programs offered by districts and private providers across the United States, demonstrates the potential of summer programs to improve achievement as well as the challenges in creating and maintaining such programs. School districts and summer programming providers can benefit from the existing research and lessons learned by other programs in terms of developing strategies to maximize program effectiveness and quality, student participation, and strategic partnerships and funding. Recommendations for providers and policymakers address ways to mitigate barriers by capitalizing on a range of funding sources, engaging in long-term planning to ensure adequate attendance and hiring, and demonstrating positive student outcomes.

**A Panorama of American Film Noir (1941-1953)** Raymond Borde 2002 Beginning with the first film noir, The Maltese Falcon, and continuing through the postwar “glory days,” which included such films as Gilda, The Big Sleep, Dark Passage, and The Lady from Shanghai, Borde and Chamaeton examine the dark sides of American society, film, and literature that made film noir possible, even necessary. A Panorama of American Film Noir includes a film noir chronology, a voluminous filmography, a comprehensive index, and a selection of black-and-white production stills.

**The Net and the Butterfly** Olivia Fox Cabane 2017-02-07 In The Charisma Myth, Olivia Fox Cabane observed how this simple idea can be used to increase motivation, engagement in everyday life, leavened with humour and insights that you can use to your advantage in virtually any situation. **The Net and the Butterfly** is a radical new insight into your body coaching and training practice with top Silicon Valley firms, Cabane and Pollack provide a step-by-step process for accessing the part of the brain that produces breakthroughs and systematically removing internal blocks. Their tactics range from simple to zany, such as: · Imagine an alternate universe where gravity doesn't exist, and the social and legal rules that govern it. · Map Disney’s Pocahontas story onto James Cameron's Avatar. · Rid yourself of impostor syndrome through mental exercises. · Literally change your perspective by climbing a tree. · Stimulate your butterfly mode by watching a foreign film without subtitles. By trying the exercises in this book, readers will emerge with a powerful new capacity for breakthrough thinking.

**Self-Compassion** Dr. Kristin Neff 2011-04-19 Kristin Neff, Ph.D., says that it’s time to “stop beating yourself up and leave insecurity behind.” Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff’s extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

**The Show I'll Never Forget** Sean Manning 2009-02-23 In The Show I'll Never Forget, writer Sean Manning has compiled an amazing array of unauthorized concert memories from a veritable A-list of acclaimed novelists, poets, biographers, cultural critics, and songwriters. Their candid, first-person recollections reveal as much about the writers’ lives at the time as they do about the venues where the shows occurred or the artists onstage. Ishmael Reed on Miles Davis Luc Sante on Public Image Ltd. Heidi Julavits on Rush Daniel Handler and Andrew Sean Greer on Metric Diana Ossana on Led Zeppelin Maggie Estep on Einzurzende Neuhauten Dani Shapiro on Bruce Springsteen Gary Giddins on Titans of the Tenor! Nick Flynn on Mink DeVille Susan Straight on The Funk Festival Rick Moody on the The Lounge Lizards Jennifer Egan on Patti Smith Harvey Pekar on Joe Maneri Thurston Moore on Glen Branca, Rudolph Grey, and Wharton Tiers Chuck Klosterman on Prince Sigrid Nunez on Woodstock Jerry Stahl on David Bowie Charles R. Cross on Nirvana Marc Nesbitt on The Beastie Boys And many more . . . No matter where your musical taste falls, these often funny, occasionally sad, always thought-provoking essays-all written especially for The Show I'll Never Forget—are sure to connect with anyone who loves, or has ever loved, live music.

**Rip It Up** Richard Wiseman 2012 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. Ripping up the rule book, psychologist Richard Wiseman presents a radical new insight into your body and brain: actions are the quickest, easiest and most powerful way to instantly change how you think and feel. Drawing on a dazzling array of scientific evidence, Professor Wiseman shows how this simple idea can be used to increase motivation, overcome depression, lose weight, stop smoking and even slow ageing.

**Emotionally Balanced: A Beginner's Guide to Meditation** Caroline Watt 2007-07-05 Many people believe that they have experienced paranormal phenomena and others claim to possess psychic abilities. For the past hundred years or so, researchers have undertaken systematic and scientific work into these alleged experiences and abilities. This collection of articles provides readers with a general sense of the methods used in this research, the findings that have been obtained and the controversies generated by this work. They cover a wide range of issues, including the psychology of paranormal belief, investigations into ghosts and hauntings, laboratory research into extra-sensory perception and psychokinesis, and controlled tests of psychics and mediums. An introductory essay sets each of the selected papers in context and provides additional references for those wishing to delve deeper into the issues surrounding each of the areas covered.

**The Shape of Inner Space** Shing-Tung Yau 2010-09-07 String theory says we live in a ten-dimensional universe, but that only
four are accessible to our everyday senses. According to theorists, the missing six are curled up in bizarre structures known as Calabi-Yau manifolds. In The Shape of Inner Space, Shing-Tung Yau, the man who mathematically proved that these manifolds exist, argues that not only is geometry fundamental to string theory, it is also fundamental to the very nature of our universe. Time and again, where Yau has gone, physics has followed. Now for the first time, readers will follow Yau’s penetrating thinking on where we’ve been, and where mathematics will take us next. A fascinating exploration of a world we are only just beginning to grasp, The Shape of Inner Space will change the way we consider the universe on both its grandest and smallest scales.

The Luck Factor Richard Wiseman 2004-08-18 Is luck just fate, or can you change it? A groundbreaking new scientific study of the phenomenon of luck and the ways we can change their luck into our lives. What is luck? A psychic gift or a question of intelligence? And what is it that lucky people have that unlucky people lack? Psychologist Dr. Richard Wiseman put luck under a scientific microscope for the very first time, examining the different ways in which lucky and unlucky people think and behave. After three years of intensive interviews and experiments with over 400 volunteers, Wiseman arrived at an astonishing conclusion: Luck is something that can be learned. It is available to anyone willing to pay attention to the Four Essential Principles: . Creating Chance Opportunities . Thinking Lucky . Feeling Lucky . Denying Fate Readers can determine their capacity for luck as well as learn to change their luck through helpful exercises that appear throughout the book. Illustrated with anecdotes from the lives of the famous such as Harry Truman and Warren Buffett, The Luck Factor also richly portrays the lives of ordinary people who have been extraordinarily lucky or unlucky. Finally Dr. Wiseman gives us a look into “The Luck School” where he instructs unlucky people and also teaches lucky people how to further enhance their luck. Smart, enlightening, fun to read, and easy to follow, The Luck Factor will give you revolutionary insight into the lucky mind and could quite simply, change your life.

The No Asshole Rule Robert I. Sutton 2007-02-22 The definitive guide to working with -- and surviving -- bullies, creeps, jerks, tyrants, tormentors, despots, backstabbers, egomaniacs, and all the other assholes who do their best to destroy you at work. “What an asshole!” How many times have you said that about someone at work? You’re not alone! In this groundbreaking book, Stanford University professor Robert I. Sutton builds on his acclaimed Harvard Business Review article to show you the best ways to deal with assholes...and why they can be so destructive to your company. Practical, compassionate, and in places downright funny, this guide offers: Strategies on how to pinpoint and eliminate negative influences for good Illuminating case histories from major organizations A self-diagnostic test and a program to identify and keep your own “inner jerk” from coming out The No Asshole Rule is a New York Times, Wall Street Journal, USA Today and Business Week bestseller.

Paranormality Richard Wiseman 2011-03-04 ‘People are emotionally drawn to the supernatural. They actually 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

The Film Appreciation Book Jim Piper 2014-11-18 This is a book for cinephiles, pure and simple. Author and filmmaker, Jim Piper, shares his vast knowledge of film and analyzes the most striking components of the best movies ever made. From directing to cinematography, from editing and music to symbolism and plot development, The Film Appreciation Book covers hundreds of the greatest works in cinema, combining history, technical knowledge, and the unique Piper points out aspects of production that movie-lovers (even the devoted ones) would never recognize on their own. This book will endlessly fascinate, and by the time you get to the last chapter, you’re ready to start all over again. In-depth analysis and thoughtful and wide-ranging film choices from every period of cinema history will ensure that you never tire of this reading companion to film. Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don’t aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

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 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