
Richard Wiseman 59 Segundos

Gospel According to Lazarus

The Multiplier Effect

Heridas emocionales

Magic in Theory

The As If Principle

59 segundos

Otra vuelta a la economía

101 Bets You Will Always Win

Did You Spot The Gorilla?

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Emotional Alchemy

59 segundos

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Moonshot

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Wiseman 59
Segundos*

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PEREZ MILLS

Gospel According to

Lazarus Ushuaia

Ediciones

Think of all the moments you "lose" stuck in traffic, standing in line, waiting for a download. And think of all the moments you "waste" working when you're not focused, or fiddling with your phone. What if each of these

moments offered you an extraordinary opportunity? In One-Moment Meditation, now published in eight languages, Martin Boroson distills the philosophy of time into a simple form of meditation that you can do anywhere, anytime. It begins with an exercise that takes just one minute per day. With practice, this takes less and less time, until it only takes a moment. Then each and

every moment gives you a chance to reduce stress, refresh your mind, and open yourself to new possibilities. This unique approach to meditation was featured as a thirty-day series for stress reduction on Oprah.com. Playful, profound, and above all, practical, One-Moment Meditation teaches you that inner peace is not a distant goal reserved for saints and sages, and it doesn't take a lot of time: it only takes

a moment. "It's hard to overestimate how helpful this technique could be." - Psychologies magazine
 "This gem of a book is a marvelous launching pad for anyone who wants to rest in the now, the only time there is." - Larry Dossey, M.D., author of Reinventing Medicine
 "Martin Boroson's fantastic book ... is all about learning to condense the practice of meditation into these fleeting moments. And about how, from a certain perspective, a sequence of fleeting moments are

all we ever really have anyway." - Oliver Burkeman, The Guardian
The Multiplier Effect Univ of Hertfordshire Press
 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 an afterlife. Meanwhile he has become something 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 charismatic rabbi and a political activist 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. [Heridas emocionales](#) eBookIt.com
By exploring the basic components of *The Art of War*, this guide to personal development and success shows you how to unleash your full

potential, triumph over adversity, and achieve long-term goals. [Magic in Theory Basic Books](#)
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, sleight of hand, and reconstruction, provides a better understanding of this ancient art, and offers a section on psychics that warns of their deceptive magic skills.

The As If Principle Penguin 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 ikigai (pronounced ee-key-guy) to live longer and bring more meaning and joy to all 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 many Japanese never really retire (in fact there’s no word in Japanese that means retire 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 work, how they foster collaboration and

community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn't want to find happiness in every day?
59 segundos Peter Owen Publishers
 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.
Otra vuelta a la economía Harmony
59 segundos RBA Libros
101 Bets You Will Always Win Houghton Mifflin
 “May this very important and enticing book find its

way into the hearts of readers near and far so that it can perform its mysterious and healing alchemy for the benefit of all.” —John Kabat-Zinn, author of *Wherever You Go, There You Are* and Professor of Medicine, University of Massachusetts Medical School

The Transformative Power of Mindfulness Alchemists sought to transform lead into gold. In the same way, says Tara Bennett-Goleman, we all have the natural ability to turn our moments of confusion or

emotional pain into insightful clarity. Emotional Alchemy maps the mind and shows how, according to recent advances in cognitive therapy, most of what troubles us falls into ten basic emotional patterns, including fear of abandonment, social exclusion (the feeling that we don’t belong), and vulnerability (the feeling that some catastrophe will occur). This remarkable book also teaches us how we can free ourselves of such patterns and replace them with empathy for

ourselves and others through the simple practice of mindfulness, an awareness that lets us see things as they truly are without distortion or judgment. Emotional Alchemy provides an insightful explanation of how mindfulness can change not only our lives, but the very structure of our brains, giving us the freedom to be more creative and alive. Here is a beautifully rendered work full of Buddhist wisdom and stories of how people have used mindfulness to conquer

their self-defeating habits. The result is a whole new way of approaching our relationships, work, and internal lives.

Did You Spot The Gorilla?

B DE BOOKS

Un combo de 2 libros que incluye los siguientes dos libros: Libro 1: ¿Alguna vez has oído hablar del "secreto"? Este libro habla sobre la ley de la atracción y cómo funciona realmente. Pero para algunos, ciertas lecciones de ese 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 algunos mitos motivacionales que la gente realmente cree. Algunas personas no entienden qué es la verdadera motivación y por qué no es una fórmula simple que trae milagros si no haces nada al respecto. Por último, pero no menos importante, esta guía rápida e integral explicará la diferencia entre la motivación intrínseca y extrínseca, y

cómo puede aprovechar ambos conceptos para sus mejores intereses. Libro 2: Puede que esté familiarizado con la ley de la atracción, pero apuesto a que todavía hay algunos principios que no comprende completamente, simplemente porque nunca ha oído hablar de ellos. Algunos de esos principios incluyen los siguientes: La psicología de la autodisciplina. En este libro, aprenderá más sobre lo que significa tener autodisciplina. Obtendrá algunos pasos y

claves para desarrollar más a su favor. La conciencia es una palabra difícil que muchas personas pueden haber escuchado, pero tampoco entienden completamente. Este principio se aplica a las profundidades innatas de nuestras almas, y es muy significativo cuando se trata de manifestar lo que quieres del universo. El agotamiento del ego es otro tema que abordaremos. Este tema es tan incomprendido que la mayoría de las personas no han

descubierto cómo superar los problemas relacionados con él. Si te educas en este término, no habrá impedimento para lograr lo que quieres.

¿Un nuevo corazón para el fútbol? RBA

Libros

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!
Emotional Alchemy St.
 Martin's Griffin
 ¿Somos conscientes de la
 verdadera importancia del
 sueño para nuestra mente
 y 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 ganar en
 salud y bienestar.
59 segundos Random
 House
 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 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. *Paranormality* Penguin. ¿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. *The Unheavenly Chorus* Princeton University Press

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

Quirkology Nau Llibres 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. Depois 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. *One-Moment Meditation*

Macmillan

En este libro quiero compartir con vos un viaje para ir juntos al pasado y mediante ejercicios prácticos y tareas sencillas, sanar tu pasado. El pasado fue co-construido, hubo gente que intervino, pero el futuro lo construís vos. Todos tenemos un pasado y en ese pasado muchas veces hemos vivido momentos tristes, experiencias dolorosas, hechos traumáticos, maltrato verbal. No podemos cambiar el pasado pero podemos

transformarlo en una experiencia valiosa para nuestro presente. Este libro te ayudará a transitar el camino para: * Transformar los recuerdos dolorosos en un don para ayudar a otros * Transformar el recuerdo de las críticas en afirmación interior * Transformar los recuerdos traumáticos en experiencias de libertad * Transformar los recuerdos tristes en oportunidades de crecimiento * Transformar los celos en autoestima * Transformar los recuerdos de la

infancia en un futuro de éxito * Transformar los errores y fracasos en una situación de aprendizaje * Transformar el recuerdo del peor día de mi vida en mi mejor momento Nos puede lastimar lo que nos pasó y nos puede doler lo que no nos pasó. Uno es el dolor del pasado por lo que no vivimos y el otro es el dolor del futuro por lo que no alcanzamos. De eso se trata este libro, de sanar el pasado para construir un futuro mejor. Podés sanar el pasado en el presente, nunca es tarde. Y podés sumarte a

los muchos que hicieron de su pasado un puente hacia un futuro de alegría y de éxito.

59 Seconds Editora

Intrinseca

Neste livro encontrará vinte e seis comportamentos e hábitos 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 palhaço interior. Joga? Da estrutura da obra fazem parte, entre outros, os seguintes 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
Más Gente Tóxica Self Publisher
"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.

Ferramentas dos Titãs

Simon and Schuster

Everyone loves a winner. Imagine being able to challenge anyone with seemingly impossible bets, safe in the knowledge that you will always win. Imagine no more. Richard Wiseman is a psychologist who has traveled the globe in search of the world's greatest bets and in "101 Bets You Will Always Win" he shows you how to use

science, logic and a healthy dose of trickery always to be on the winning side of every bet you make. Using coins, dice, matchsticks and ordinary objects, you'll discover, among many other things, - how to balance a coin on the edge of a dollar bill - pick a cup up with a balloon - balance two forks and a matchstick on your fingertip - separate two glasses without touching them In explaining the bets, Wiseman also explains the science behind them making what

at first seems mystifying as natural as the laws of gravity. Let YouTube sensation Richard Wiseman turn you into one of those smart people who can say "I'll bet I can..." and know that you'll never lose.

De Clone a Clown John Wiley & Sons

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 and in 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 part 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.