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Redirect: Changing the Stories We Live By

By Timothy Wilson

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Redirect: Changing the Stories We Live By, Timothy Wilson, "Redirect" by Timothy D. Wilson, author of "Strangers to Ourselves", whose work has been acclaimed by writers such as Malcolm Gladwell, is a groundbreaking book of psychology that shows how changing the stories we tell about ourselves can help solve our problems. Why will most self help books leave you worse off? How do youth rehabilitation programmes backfire? And how can one volunteer help the whole of society? Redirecting the stories you tell about yourself - and changing the stories others are telling about themselves - can help everyone, whether improving education and parenting skills or reducing crime, teen pregnancies, and drug and alcohol abuse. This timely book offers practical advice that has been proven to give real results. "Redirect" will show you exactly how you can be happier and more successful, using only the power of your own stories. Timothy D. Wilson is the Sherrell J. Aston Professor of Psychology at the University of Virginia. He is the author of "Strangers to Ourselves", which was named by "New York Times Magazine" as one of the Best 100 Ideas of 2002, and...



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