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Almost everything in it is backed by fascinating research; it also offers a bite-size action you can take to live happier, perform better, procrastinate less, improve your relationships and reduce your stress level.

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Although 59 seconds has an interesting topic, it misses the stated objective 'think a little, change a lot'. The book tries to come up with as much as possible myth-busting ideas about the human psychology, but lacks structure.

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