



Counterclockwise: A Proven Way to Think Yourself Younger and Healthier

By Ellen J. Langer

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Counterclockwise: A Proven Way to Think Yourself Younger and Healthier, Ellen J. Langer, If we could turn back the clock psychologically, could we also turn it back physically? For more than thirty years, award-winning psychologist Ellen Langer has studied this provocative question, and now, in Counterclockwise, she presents a conclusive answer: opening our minds to what's possible, instead of clinging to notions about what's not, can lead to better health - at any age. Drawing on landmark work in the field and her own body of colourful and highly original experiments, Langer shows that the magic of rejuvenation and ongoing good health lies in being aware of the ways we mindlessly react to social and cultural cues. With only subtle shifts in our thinking, our language, and in our expectations, she tells us that we can begin to change the ingrained behaviour that sap health, optimism, and vitality from our lives. Immensely readable and truly fascinating, Counterclockwise offers a transformative and bold new paradigm: the psychology of possibility. A hopeful and groundbreaking book by an author who has changed how people all over the world think and feel. Counterclockwise...



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