
Quirkology How We Discover The Big Truths In Small Things Richard Wiseman

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One Big Thing Penguin Canada

An elegant demolition of the supermarket miracle, this title charts the impact that supermarkets have had on every aspect of our lives and culture.

You Are Now Less Dumb Random House

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.

Paranormality Harper Collins

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 that 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

Fringe-ology Pan Macmillan Adult

#1 New York Times Bestseller In *Being Mortal*, bestselling author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending. Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit. Nursing homes, preoccupied with safety, pin patients into railed beds and

wheelchairs. Hospitals isolate the dying, checking for vital signs long after the goals of cure have become moot. Doctors, committed to extending life, continue to carry out devastating procedures that in the end extend suffering. Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified. Full of eye-opening research and riveting storytelling, *Being Mortal* asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.

Prove It before You Promote It Penguin

25 unflinching stories and essays from the front lines of the radical mental health movement

Overmedication, police brutality, electroconvulsive therapy, involuntary hospitalization, traumas that lead to intense altered states and suicidal thoughts: these are the struggles of those labeled "mentally ill." While much has been written about the systemic problems of our mental-health care system, this book gives voice to those with personal experience of psychiatric miscare often excluded from the discussion, like people of color and LGBTQ+ communities. It is dedicated to finding working alternatives to the "Mental Health Industrial Complex" and shifting the conversation from mental illness to mental health.

The Invisible Gorilla Thomas Nelson Inc

Pride, lust, gluttony, greed, envy, sloth, and anger. They're considered "deadly" because of their capacity to generate other evils. The truth is, we all sin and we do it all the time—in fact, usually several times over before breakfast! But human behavior, argues social psychologist Simon Laham, is more complex than "good" or "evil." In psychology, these sins aren't considered morally wrong or even uniformly bad, but are treated rather as complex and interesting psychological states that if, indulged wisely, can be functional, adaptive, and lead to a range of positive effects. The *Science of Sin* takes on these so-called sins one by one and through psychological research shows that being bad can be oh-so-good for you. Did you know that:

- Being slow and lazy can help you win the race?
- Anger makes you more open-minded?
- Coveting what others have not only makes you more creative but bolsters self-esteem?

So go ahead, eat that last cookie and kick back on the couch for a day of TV with your neighbor's boyfriend—from gluttony to greed, envy to lust, Laham shows how even the deadliest, most decadent of vices can make you smart,

successful, and happy.

We've Been Too Patient Avery

A compendium of 1,001 facts about food, human behavior, health, drug use, the weather, animals, and more.

Snoop F+W Media, Inc.

Compare your strategy to a spy's way of thinking and building strategies. This volume combines the #1

Kindle Single **A Spy's Guide To Thinking and A Spy's Guide To Strategy**. In it, a former spy puts you in his head. He shows you what he sees. He shows you how he thinks. He shows you how he builds strategies and puts them into action. With hundreds of thousands of downloads and translations into foreign languages, the **Spy's Guide** series has become a global phenomenon. Bestselling author John Braddock was a case officer at the CIA. He lived what he teaches. A former university fellow, he now helps people and organizations sharpen their strategies with customers and their competition. Buy this book to pick up practical, insightful tools today.

Visible Learning and the Science of How We Learn Penguin

On publication in 2009 John Hattie's **Visible Learning** presented the biggest ever collection of research into what actually work in schools to improve children's learning. Not what was fashionable, not what political and educational vested interests wanted to champion, but what actually produced the best results in terms of improving learning and educational outcomes. It became an instant bestseller and was described by the TES as revealing education's 'holy grail'. Now in this latest book, John Hattie has joined forces with cognitive psychologist Greg Yates to build on the original data and legacy of the **Visible Learning** project, showing how it's underlying ideas and the cutting edge of cognitive science can form a powerful and complimentary framework for shaping learning in the classroom and beyond. **Visible Learning and the Science of How We Learn** explains the major principles and strategies of learning, outlining why it can be so hard sometimes, and yet easy on other occasions. Aimed at teachers and students, it is written in an accessible and engaging style and can be read cover to cover, or used on a chapter-by-chapter basis for essay writing or staff development. The book is structured in three parts – 'learning within classrooms', 'learning foundations', which explains the cognitive building blocks of knowledge acquisition and 'know thyself' which explores, confidence and self-knowledge. It also features extensive interactive appendices containing study guide questions to encourage critical thinking, annotated bibliographic entries with recommendations for further reading, links to relevant websites and YouTube clips. Throughout, the authors draw upon the latest international research into how the learning process works and how to maximise impact on students, covering such topics as: teacher personality; expertise and teacher-student relationships; how knowledge is stored and the impact of cognitive load; thinking fast and thinking slow; the psychology of self-control; the role of conversation at school and at home; invisible gorillas and the IKEA effect; digital native theory; myths and fallacies about how people learn. This fascinating book is aimed at any student, teacher or parent requiring an up-to-date commentary on how research into human learning processes can inform our teaching and what goes on in our schools. It takes a broad sweep through findings stemming mainly from social and cognitive psychology and presents them in a useable format for students and teachers at all levels, from preschool to tertiary training institutes.

An Introduction to the Psychology of Humor Basic Books

Fair, witty appraisal of cranks, quacks, and quackeries of science and pseudoscience: hollow earth, Velikovsky, orgone energy, Dianetics, flying saucers, Bridey Murphy, food and

medical fads, and much more.

59 Seconds: Decision-Making Basic Books

'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

Velocity of Honey Hachette UK

For over twenty years, psychologist Richard Wiseman has examined the quirky science of everyday life. In **Quirkology**, he navigates the oddities of human behavior, explaining the tell-tale signs that give away a liar, the secret science behind speed-dating and personal ads, and what a person's sense of humor reveals about the innermost workings of his or her mind—all along paying tribute to others who have carried out similarly weird and wonderful work. Wiseman's research has involved secretly observing people as they go about their daily business, conducting unusual experiments in art exhibitions and music concerts, and even staging fake séances in allegedly haunted buildings. With thousands of research subjects from all over the world, including enamored couples, unwitting pedestrians, and guileless dinner guests, Wiseman presents a fun, clever, and unexpected picture of the human mind.

Metropolitan Books

One Big Thing is about finding out what you were born to do with your life and how to use it to revolutionize your business or ministry---and change the world.

House and Psychology Courier Corporation

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.

The As If Principle Routledge

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

Being Mortal Gateway International Publishing

Featuring scores of entertaining entries organized by theme--food, love, romance, and more--this amusing guide explains many odd and hilarious phrases from around the globe, noting that industrious Chinese toil "with liver and brains spilled on the ground," while busy Indians have "no time to die" along with meanings of many other quirky idioms. Original.

Essential Shit - Facts That Will Scare the Total Shit Out of You! Random House Canada

'Richard Wiseman is arguably the most interesting experimental psychologist working today' Scientific American Try to remember these letters: R A I O L T A L G. Struggling? Let's rearrange them and try again: A L L I G A T O R. Having a great memory is easy when you know how your mind works. Packed with powerful tricks of the memory trade and the science behind them, psychologist and bestselling writer Professor Richard Wiseman helps you to remember names and faces, birthdays and meetings, telephone numbers and shopping lists, exam answers and pub trivia, and where you left your keys (they are on the small table behind your sofa). Impress your friends, sharpen your mind and change your life with this unforgettable little gem of a book.

How To Sell When Nobody's Buying Pan Macmillan

The author of the bestselling You Are Not So Smart shares more discoveries about self-delusion and irrational thinking, and gives readers a fighting chance at outsmarting their not-so-smart brains David McRaney 's first book, You Are Not So Smart, evolved from his wildly popular blog of the same name. A mix of popular psychology and trivia, McRaney 's insights have struck a chord with thousands, and his blog--and now podcasts and videos--have become an Internet phenomenon. Like You Are Not So Smart, You Are Now Less Dumb is grounded in the idea that we all believe ourselves to be objective observers of reality--except we 're not. But that 's okay, because our delusions keep us sane. Expanding on this premise, McRaney provides eye-opening analyses of fifteen more ways we fool ourselves every day, including: The Misattribution of Arousal (Environmental factors have a greater affect on our emotional arousal than the person right in front of us) Sunk Cost Fallacy (We will engage in something we don 't enjoy just to make the time or money already invested "worth it") Deindividuation (Despite our best intentions, we practically disappear when subsumed by a mob

mentality) McRaney also reveals the true price of happiness, why Benjamin Franklin was such a badass, and how to avoid falling for our own lies. This smart and highly entertaining book will be wowing readers for years to come.

Quirkology Simon and Schuster

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 work now and fast . . . even when no one wants to buy--and tactics and strategies that will work even better when they do want to buy. How to Sell When Nobody's Buying is a practical, effective guide to selling even in the toughest of times. This book is packed with new information about creating sales opportunities. Most sales strategies taught today are based on outdated information from ten, twenty, even thirty years ago and they simply don't work today. You'll find the tools and information you need to gain confidence, create powerful alliances, profitable social networks, and drive your profits to unprecedented highs. Whether you sell business-to-business or direct to the consumer, whether you sell real estate or retail, this is the sales guide for you. Features effective, simple strategies for selling in tough economic times Offers free or low-cost prospecting tools that bring in customers by the herd Includes case studies from top salespeople that reveal new ways to bring in customers From sales guru Dave Lakhani, author of Persuasion, Subliminal Persuasion, and The Power of an Hour These days, you need all the help you can get to sell effectively. If you want to increase your sales and drive your business forward--no matter what the economy or your industry does--learn How to Sell When Nobody's Buying. Moonshot St. Martin's Press

"Fringe-Ology brings a poet 's eye to the frayed edges between the known and unknown, belief and skepticism. . . . A dive into the paranormal even a hardcore skeptic like myself can enjoy." --Mat Johnson, author of Pym Take a strange and unsettling trip into the heart of the paranormal universe as journalist Steve Volk tries to answer some of the most fundamental questions at the heart of human existence. Fringe-ology will appeal to anyone curious but cautious about reports of paranormal experiences, psychic phenomena, and other unexplainable events--anyone who has ever wondered about the existence of an afterlife, intelligent life on other planets, or the limits of extrasensory perception. For fans of Fringe, Mythbusters, Medium, Heroes, Nova, and Lost, Volk 's scintillating journey into mystery illuminates the furthest boundaries of possibility and wonder.