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# Redirect The Surprising New Science Of Psychological Change Timothy D Wilson

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Redirect | Psychology Today

Timothy D. Wilson, Redirect: The  
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Redirect: Changing the Stories We

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Well, Timothy Wilson is the scientist and Redirect is the book, and it is in fact amazing." Daniel M. Wegner "Redirect is a great book! In his uniquely engaging way, Wilson shows how simple techniques can deliver large and lasting personal changes--and convinces us that only good research can give us these techniques." Carol Dweck

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intelligent person ' s introduction to psychology, a field that gives rise to more quackery and charlatanism than almost any other. That alone makes it worth reading.

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The real strength of the book is the debunking. Redirect reads as a debunk of conventional 'common sense' studies with an apertief of story editing. Story editing is effectively

positive thinking (if I dare be simplistic) with some added complexity. The real strength of the book is the debunking.

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### Redirect The Surprising New Science

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In Redirect, it ' s framed in the context of how optimists see their world. It ' s not that they don ' t see reality; it ' s that they believe that they can

overcome the roadblocks in their path. It ' s not that they don ' t see reality; it ' s that they believe that they can overcome the roadblocks in their path.

Redirect: The Surprising New Science Of Psychological ...

In Redirect: The Surprising New Science of Psychological Change, Timothy Wilson reviews much of this history and revisits the field of social psychology 70 years after Lewin ' s pioneering work. He focuses on the contributions of social psychology to understanding and remedying social problems.

Wilson is a social psychol-  
PSYCHOLOGY Social Psychology and  
Social Change

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Timothy Wilson's "Redirect: The Surprising New Science of Psychological Change" Timothy D. Wilson is the Sherrell J. Aston Professor of Psychology at the University of Virginia. He has written for Science and the New York Times , among other publications and journals, and is the author of Strangers to Ourselves , which was named by the New York Times Magazine as one of the Best 100 Ideas of 2002.

Book Review-Redirect: The Surprising New Science - Thor ...

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