

# 59 *seconds*

CHANGE YOUR LIFE  
IN UNDER A MINUTE

RICHARD WISEMAN

"Just made my wife a little happier, gotten better at  
relationships, persuaded her to improve your relationships, make you  
more confident in a better parent." —The New Yorker

CHANGE YOUR  
LIFE IN

**59 SECONDS**



# 59 Seconds Improve Your Life In Under A Minute

**EW Minium**



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