



Rip It Up

By Dr Richard Wiseman

Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Most self-help books encourage you to think differently, to think yourself thin, imagine a richer self or visualize the perfect you. This is difficult and time consuming and often doesn't work. Drawing on a dazzling array of scientific evidence, psychologist Richard Wiseman presents a radical new insight that turns conventional self-help on its head: simple physical actions represent the quickest, easiest and most powerful way to instantly change how you think and feel. So don't just think about changing your life. Do it.



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