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Redirect Changing The Stories We

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"Redirect" by Timothy D. Wilson, author of "Strangers to Ourselves", whose work has been acclaimed by writers such as Malcolm Gladwell, is a groundbreaking book of psychology that shows how changing the stories we tell about ourselves can help solve our problems. Why will most self help books leave you worse off?

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The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, Redirect demonstrates the remarkable power small changes can have on the ways we see ourselves and our environment, and how we can use this in our everyday lives.

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"Redirect" by Timothy D. Wilson is built around the concept of Story Editing, which he describes as using changes, or edits, in the stories we use to understand ourselves and the social world around us, to make lasting changes in our lives and the lives of others.

Redirect: The Surprising New Science of Psychological Change

In Redirect: The Surprising New Science of Psychological Change, social psychologist Timothy Wilson reveals insights from three decades of empirical evidence indicating that what is true of culture is also true of individuals: Our experience of the world is shaped by our interpretations of it, the stories we tell ourselves, and these stories can often become so distorted and destructive that they completely hinder our ability to live balanced, purposeful, happy lives, so the key to personal ...

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Presenting the very latest research, Wilson argues that the key to transforming our lives lies simply in learning to redirect the stories we tell ourselves. His revolutionary approach reveals how reshaping our internal narratives can increase our personal well-being and transform our understanding of human behaviour - our narratives can change surprisingly quickly if tweaked in the right way.

Redirect: The Surprising New Science of Psychological ...

In one of our previous articles (in Chinese), we have covered the five ways to embed URLs in Instagram Stories. In this article, we will teach you how to embed URLs in Facebook Stories. To start!

How to Add Links to Facebook Stories for Free? (For ...

This, Wilson demonstrates, is a pathological storytelling problem based on the stories we've led ourselves to believe and the behaviors that stem from them. We could solve a lot of problems if we...

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