



Counterclockwise: Mindful Health and the Power of Possibility

By Ellen J Langer

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. If we could turn back the clock psychologically, could we also turn it back physically? For more than thirty years, award-winning social psychologist Ellen Langer has studied this provocative question, and now, in *Counterclockwise*, she presents a conclusive answer: Opening our minds to what's possible, instead of presuming impossibility, can lead to better health at any age. Drawing on landmark work in the field and her own body of highly original experiments including her counterclockwise study, in which elderly men lived for a week as though it was 1959 and showed dramatic improvements in their hearing, memory, dexterity, appetite, and general well-being Langer shows that the magic of rejuvenation and ongoing good health lies in being aware of the ways we mindlessly react to social and cultural cues. Examining the intricate but often defeatist ways we define our physical health, Langer challenges the idea that the limits we assume and impose on ourselves are real. With only subtle shifts in our thinking, in our language, and in our expectations, she tells us, we can begin to change the ingrained behaviors...



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