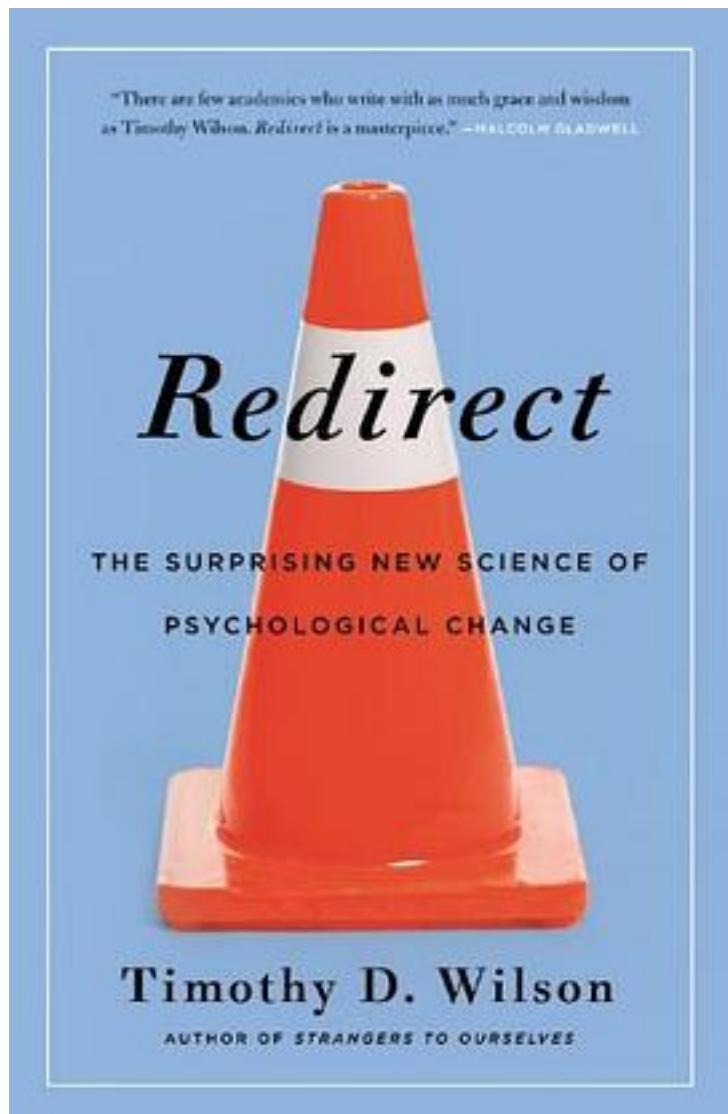


Redirect



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著者:Timothy D. Wilson

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What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? Well, there is no such magic pill-but there is a new scientifically based approach called story editing that can accomplish all of this. It works by redirecting the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. In *Redirect*, world-renowned psychologist Timothy Wilson shows how story-editing works and how you can use it in your everyday life.

The other surprising news is that many existing approaches-from the multi-billion dollar self-help industry to programs that discourage drug use and drinking-don't work at all. In fact, some even have the opposite effect. Most programs are not adequately tested, many do not work, and some even do harm. For example, there are programs that have inadvertently made people unhappy, raised the crime rate, increased teen pregnancy, and even hastened people's deaths-in part by failing to redirect people's stories in healthy ways.

In short, Wilson shows us what works, what doesn't, and why. Fascinating, groundbreaking, and practical, *Redirect* demonstrates the remarkable power small changes can have on the ways we see ourselves and the world around us, and how we can use this in our everyday lives. In the words of David G. Myers, "With wit and wisdom, Wilson shows us how to spare ourselves worthless (or worse) interventions, think smarter, and live well."

作者介绍:

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 *New York Times Magazine* as one of the Best 100 Ideas of 2002. Wilson is also the coauthor of the best-selling social psychology textbook, now in its seventh edition.

目录:

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标签

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科普

评论

i give up.... i want my money back... and my time.... and whoever recommended this book to disappear from this world...

:无

Expanding the application of story editing (similar to cognitive-based therapy) to the level of social change, the author relied heavily on our social psychology to provide a supposedly coherent solution to many of social ills. However, a misleading title and a typical reductionist view on social problems might make it less useful in practice.

教材风格

十分心理的王老师推荐的，应该不错吧，正在看。
算是看完了吧，怎么感觉没有具体操作方法？概念倒是不错，挺新意的。

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书评

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