

Counterclockwise



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著者:Ellen J. Langer

出版者:Hodder Paperback

出版时间:2010

装帧:Paperback

isbn:9780340994764

If we could turn back the clock psychologically, could we also turn it back physically? For more than thirty years, award-winning 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 clinging to notions about what's not, can lead to better health - at any age. Drawing on landmark work in the field and her own body of colourful and highly original experiments, 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. With only subtle shifts in our thinking, our language, and in our expectations, she tells us that we can begin to change the ingrained behaviour that sap health, optimism, and vitality from our lives. Immensely readable and truly fascinating, *Counterclockwise* offers a transformative and bold new paradigm: the psychology of possibility. A hopeful and groundbreaking book by an author who has changed how people all over the world think and feel. *Counterclockwise* is sure to become a standard source on new-century science and healing.

作者介绍:

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标签

思维工具

心理学

Mindfulness,

Cognition

Aging,

思维

Tsai

Langer

评论

假如穿越回二十年前，你会有何改变？ 1979年，研究人员安排一群年过八旬的老人回到1959年的美利坚生活了一周。 全书由此实验贯穿，解释了Mindfulness, 及正念，与心理生理健康的联系。

" I'm not afraid of dying, Ellen, but living sure can be fun. " This book give you an idea of how to live. I'm glad that I read this book at my 20s.

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书评

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