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COUNTERCLOCKWISE: A PROVEN WAY TO THINK YOURSELF YOUNGER AND HEALTHIER (PAPERBACK)



HODDER & STOUGHTON, United Kingdom, 2010. Paperback. Condition: New. Language: English. Brand new Book. 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...

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- Authored by Ellen J. Langer
- Released at 2010



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