

Change Yourself in 59 Seconds BeeOasis Step 3

59 Seconds is about the science of self-help. So one part of the book **EXPLODING** commonly held myths. So for example the idea that to motivate yourself, you have to visualize the perfect you. From a scientific perspective, **THAT** a disaster. What you want to do is visualize the steps it will take to obtain your goal, rather than you obtaining the goal itself.

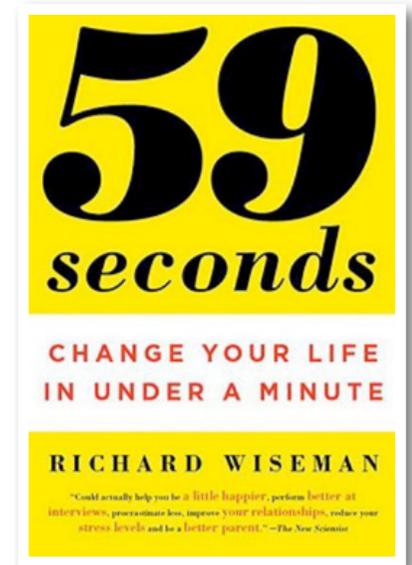
Another part of the book **DESCRIBE** a whole load of techniques, which are scientifically supported and very quick to carry out. So if you want to lose weight, placing a mirror in your kitchen makes you more self-aware and reduces unhealthy **EAT** by around about 35%. If you want to be more **CREATION**, placing a potted plant on your desk results in around about 15% more original ideas. And when it comes to praising your children, praising effort over **ACHIEVE** makes them far more resilient. So these are techniques that are scientifically supported and can be carried out in less **THEN** a minute.

Change Yourself in 59 Seconds BeeOasis Step 2

The book 59 Seconds is about the science of self-help. One part of the book shoots down common but **WRONGS** ideas. For example, in

order to encourage yourself, you have to picture the perfect you. From a scientific point of view, **THAT** a bad idea. Here's a better idea. Rather than seeing yourself reaching your goal, clearly **IMAGINATION** the steps you need to take to reach your goal.

Another part of the book describes many **TECHNIQUE**. These are scientifically supported, and you can do them very quickly. If you want to lose **WEIGHTS**, put a mirror in your kitchen. This makes you more self-aware and **REDUCE** unhealthy eating by about 35%. If you want to be more creative, put a potted plant on your desk. This results in about 15% more **ORIGINALITY** ideas. When you praise your children, praise effort more than achievement. This makes children much stronger. These are **SCIENTIFIC** supported techniques, which you can do in less than a minute.



THINK ABOUT IT

1. With a partner, find and correct the grammar mistakes.
2. Write your discussion and comprehension questions.

Beeoasis Step	SE	1	>> 2 <<	3	4	5
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Change Yourself in 59 Seconds BeeOasis Step 3 (ANSWERS)

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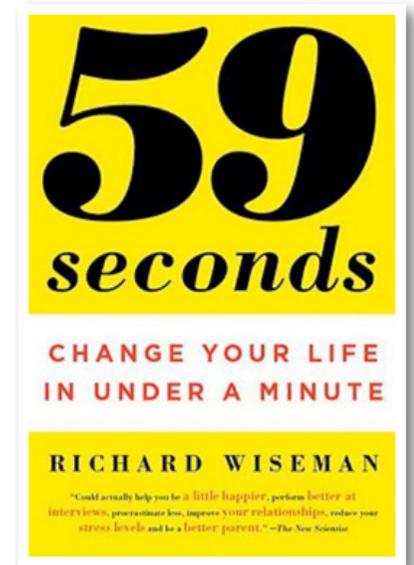
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