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Counter Clockwise: Mindful Health and the Power of Possibility

By Ellen J Langer

Random House USA Inc, United States, 2009. Microfilm. Book Condition: New. New.. 211 x 137 mm. 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 social psychologist Ellen Langer has studied this provocative question, and now, in Counterclockwise, she presents the 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 colorful and highly original experiments including the first detailed discussion of 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 hidden decisions and vocabulary that shape the medical world (chronic versus acute, cure versus remission), the powerful physical effects of placebos, and the intricate but often defeatist ways we define our physical health, Langer challenges the idea that the...



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