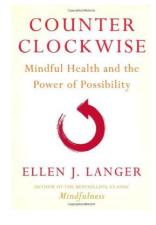
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## COUNTER CLOCKWISE: MINDFUL HEALTH AND THE POWER OF POSSIBILITY



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, awardwinning 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...

## Read PDF Counter Clockwise: Mindful Health and the Power of Possibility

- Authored by Ellen J Langer
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