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"Redirect" by Timothy D. Wilson is built around the concept of Story Editing, which he describes as using changes, or edits, in the stories we use to

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understand ourselves and the social world around us, to make lasting changes in our lives and the lives of others.

Redirect: The Surprising New Science of Psychological Change

In *Redirect: The Surprising New Science of Psychological Change*, social psychologist Timothy Wilson reveals insights from three decades of empirical evidence indicating that what is true of culture is also true of individuals: Our experience of the world is shaped by our interpretations of it, the stories we tell ourselves, and these stories can often become so distorted and destructive that they completely hinder our ability to live balanced, purposeful, happy lives, so the key to personal ...

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Redirecting the stories you tell about yourself - and changing the stories others are telling about themselves - can

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help everyone, whether improving education and parenting skills or reducing crime, teen pregnancies, and drug and alcohol abuse. This timely book offers practical advice that has been proven to give real results.

Redirect: Changing the Stories We Live By by Wilson ...

Speaker: Timothy D. Wilson, University of Virginia
Session Summary: In a nutshell, this session will focus on change. How can we get people to change when they need help? Can we get ourselves to ...

Social Psychology: Redirect: Changing the Stories We Live By

Get this from a library! Redirect : changing the stories we live by. [Timothy D Wilson] -- Why will most self help books leave you worse off? How do youth rehabilitation programmes backfire? And how can one volunteer help the whole of society? This book shows you how you can be happier and

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Redirect: Changing The Stories We Live By, Book by Timothy ...

The thesis of Redirect is this: if you want to change unwanted behaviors and mindsets that are holding you back, you simply need to edit the story you tell about yourself. We can edit our cognitive story by taking part in some simple, scientifically proven writing exercises on a regular basis.

Change the Stories You Tell About

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Yourself | The Art of ...

Published on Sep 5, 2011 In this RSA talk Professor Wilson reveals how many conventional psychological therapies and interventions, including most self-help books, can do us more harm than good....

Redirect with Timothy Wilson

In Redirect: The Surprising New Science of Psychological Change, social psychologist Timothy Wilson reveals insights from three decades of empirical evidence indicating that what is true of ...

'Redirect': A New Way to Think About Psychological Change ...

“Can we agree that we can redirect some of the funding?” Ady Barkan asked. “Yes. Absolutely. One of the things that we also need to be doing is fundamentally changing the way – and I’ve been pushing it for years – changing the way we deal with our prison system. It should be a rehabilitation system, not

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By a punishment system,” Biden ...

Biden Said He Would ‘Absolutely’ Redirect Some Police ...

The idea is that if we want to change people's behaviors, we need to try to get inside their heads and understand how they see the world—the stories and narratives they tell themselves about who they are and why they do what they do. Social and clinical psychologists have known this for decades.

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