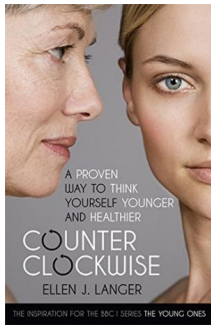


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## COUNTERCLOCKWISE: A PROVEN WAY TO THINK YOURSELF YOUNGER AND HEALTHIER



Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Counterclockwise: A Proven Way to Think Yourself Younger and Healthier, Ellen J. Langer, 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...

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- Authored by Ellen J. Langer
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