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Performed by Ralph Lister By (author) Dr Richard Wiseman

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Victorian philosopher William James had a theory about emotion and behavior: It isn't that our feelings guide our actions (feel happy and you will laugh). On the contrary, it is our actions that guide our emotions (laugh and you will feel happy). This led James to a remarkable conclusion: ?If you want a quality, act as if you already have it.? Roused by James's astonishing discovery, renowned psyc...

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