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Timothy D Wilson

One of the sad things about having read a few books at this point is that I can't always recall what put me on to the book in the first place. While I can't remember where I picked up on Redirect, it's a book that took a winding path that challenged what I "knew" about psychology.

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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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He has written for Science and the New York Times, among other publications, and is the author of Strangers to Ourselves, He lives in Charlottesville, Virginia. Table of Contents Chapter 1 Redirect: Small Edits, Lasting Changes 3

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