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The Little Book of Luck

Richard Wiseman

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About the Author

Professor Richard Wiseman has carried out extensive research into the psychology of luck and has featured on hundreds of radio and television programmes to present his findings. Articles about his work have appeared in *The Times*, the *Daily Telegraph* and the *Guardian*. He is also the author of the top-ten bestseller *The Luck Factor* and *Did You Spot the Gorilla?*

ALSO BY RICHARD WISEMAN

The Luck Factor
Did You Spot the Gorilla?

THE LITTLE BOOK OF LUCK

Richard Wiseman



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Epub ISBN: 9781446457764

Version 1.0

www.randomhouse.co.uk

Published in the United Kingdom in 2004 by Arrow Books

1 3 5 7 9 10 8 6 4 2

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Arrow Books

The Random House Group Limited
20 Vauxhall Bridge Road, London SW1V 2SA

Random House Australia (Pty) Limited
20 Alfred Street, Milsons Point, Sydney, New South Wales 2061, Australia

Random House New Zealand Limited
18 Poland Road, Glenfield, Auckland 10, New Zealand

Random House (Pty) Limited
Endulini, 5a Jubilee Road, Parktown 2193, South Africa

The Random House Group Limited Reg. No. 954009

www.randomhouse.co.uk

A CIP catalogue record for this book is available from the British Library

ISBN 0 09 944328 7

Introduction

Luck exerts a dramatic influence over our lives.

A few seconds of bad fortune can unravel years of striving, while a moment of good luck can lead to success and happiness.

Luck has the power to transform the improbable into the possible; to make the difference between life and death, reward and ruin, happiness and despair.

But why are some people exceptionally lucky while others encounter little but ill fortune?

For the past ten years I have carried out scientific research into luck, examining the lives of hundreds of lucky and unlucky people.

This work has revealed that lucky and unlucky people create much of their good and bad fortune by the way they think and behave.

More importantly, my research has shown that everyone has the potential to increase their luck.

Unlucky people can become lucky and lucky people can become even luckier.

The Little Book of Luck is based on this work and will help you live a lucky life.

It is a bite-sized, fact-packed, fun guide that is full of top tips, practical exercises and inspirational quotes designed to help you increase your luck.

Have fun and be lucky.

RICHARD WISEMAN