



Counterclockwise: Mindful Health and the Power of Possibility

Ellen J. Langer

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If we could turn back the clock psychologically, could we also turn it back physically? For more than thirty years, award-winning social psychologist Ellen Langer has studied this provocative question, and now, in *Counterclockwise*, she presents the answer: Opening our minds to what's possible, instead of presuming impossibility, can lead to better health—at any age.

Drawing on landmark work in the field and her own body of colorful and highly original experiments—including the first detailed discussion of her “counterclockwise” study, in which elderly men lived for a week as though it was 1959 and showed dramatic improvements in their hearing, memory, dexterity, appetite, and general well-being—Langer shows that the magic of rejuvenation and ongoing good health lies in being aware of the ways we mindlessly react to social and cultural cues. Examining the hidden decisions and vocabulary that shape the medical world (“chronic” versus “acute,” “cure” versus “remission”), the powerful physical effects of placebos, and the intricate but often defeatist ways we define our physical health, Langer challenges the idea that the limits we assume and impose on ourselves are real. With only subtle shifts in our thinking, in our language, and in our expectations, she tells us, we can begin to change the ingrained behaviors that sap health, optimism, and vitality from our lives. Improved vision, younger appearance, weight loss, and increased longevity are just four of the results that Langer has demonstrated.

Immensely readable and riveting, **Counterclockwise** offers a transformative and bold new paradigm: the psychology of possibility. A hopeful and groundbreaking book by an author who has changed how people all over the world think and feel, **Counterclockwise** is sure to join *Mindfulness* as a standard source on new-century science and healing.

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