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Principle by

Richard Wiseman

Richard Wiseman

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Principle

The As If Principle  
What is the as-if principle? This principle says that we can create outer circumstances by acting "as if" they are already real; for example, we can be happy by acting as if we are happy. While the principle might



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seem to be based on superficial, "magical" reasoning, it does have some validity when it is used in accordance with the dynamics of spirit, archetypes, and archetypal fields.

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Lively, engaging, and truly mind-changing, The As If Principle is that rare gem that offers real, workable solutions for your day-to-day goals while helping you to instantly take control of your emotions. Whether it's quitting a bad habit, persevering

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through a difficult task, or achieving your dream self, The As If Principle can help. Don't just think about changing your life.

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The Philosophy of  
'As if': A System of

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Principle  
the Theoretical,  
Practical and  
Religious Fictions  
of Mankind is a  
1911 book by the  
German  
philosopher Hans  
Vaihinger, based  
on his dissertation  
of 1877. The work  
for which Vaihinger  
is best known, it  
was published in  
an English

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translation by C. K. Ogden in 1924. In 1935, a revised and abbreviated English translation by Ogden was published. The revised translation was based on the sixth German edition of the original work.

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Principles  
The Philosophy of

'As if' - Wikipedia

The AS IF Principle presents the idea that if we change our behavior then we can change the way that we feel.

Richard Wiseman uses examples from psychological research to show that by changing our behavior we

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can increase  
motivation,  
overcome  
depression, lose  
weight, stop  
smoking, fall in  
love and even slow  
aging.

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The As If Principle:  
The Radically New  
Approach to ...  
The Radically New

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Approach to  
Changing Your Life.  
William James once  
said: "If you want a  
quality, act as if  
you already have  
it.". In this book,  
Richard Wiseman,  
Britain's official  
professor in "the  
Public  
Understanding of  
Psychology" walks  
us through the



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**Principle** astonishing array of research that proves what he calls the "As If Principle.". Big Ideas we explore include an exploration of the fact that feelings follow behavior, how to make yourself happy, the paradox of rewards, and ...

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The As If Principle  
by Richard  
Wiseman -  
PhilosophersNotes

...

The “whatever you  
act like”  
phenomenon,  
which is known as  
the “as if  
principle,” took  
root in the 19th-

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Principle  
century work of philosopher William James. Though the coinage might be Victorian, it has plenty of modern applications. For his book, Richard Wiseman collected a wealth of biological and psychological research.

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The As If Principle:  
Richard Wiseman  
Shows How Faking  
It ...

As I've been  
reflecting on it  
more, I realize that  
although I  
understand the  
concept of "acting  
as if" and I write,  
speak, and teach  
about how we have

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the power to create our own reality, in certain areas of my life - especially the ones that are most important to me or the ones where I feel the most cynical and resigned, I often pay "lip service" to acting as if, while simply hoping things ...

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The Law of  
Attraction: How to  
Act 'As If' | HuffPost  
Life

Dr. Richard  
Wiseman, Britain's  
only professor of  
the Public

Understanding of  
Psychology, shows  
in The As If  
Principle that

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Instead, we can focus on actions which will change how we think and feel. We get the same results, only faster and, according to Wiseman's studies, more consistently and reliably.

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Principle Books

This principle says that if you want to cultivate any quality in yourself such as fearlessness, confidence, love, peace, happiness, enthusiasm, sense of humour, sense of security, hard work etc., start behaving As If you already have that quality in



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Principle  
you. Act "As If" you are facing a dreadful situation fearlessly and fear will go away out of you. Someone has very rightly said "Do the thing you fear & death of fear is certain."

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'AS IF' PRINCIPLE

Richard Wiseman

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35 Comments My new book, Rip It Up, is based on a psychological idea known as the As If Principle. I recently teamed up with the lovely and talented folk over at Cognitive Media to produce this great clip about the idea.

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**Principle**  
The power of acting 'As If' –  
Richard Wiseman  
Lively, engaging,  
and truly mind-  
changing, The As If  
Principle is that  
rare gem that  
offers real,  
workable solutions  
for your day-to-day  
goals while helping  
you to instantly  
take control of your

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Whether it's quitting a bad habit, persevering through a difficult task, or achieving your dream self, The As If Principle can help. Don ...

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Approach to ...  
Behaviour creates

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and alters thoughts, emotions, feelings - and on the long run changes the identity, thought patterns and habits for good. After many decades and thousands of experiments, it seems like the As If principle was right there all along,

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Principle  
while psychologists  
and psychiatrists  
missed it, or used it  
by accident.

---

The As If Principle:  
The Radically New  
Approach to ...

The principal goal  
of this article is to  
help you master  
the difference  
between two

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Principle. Here, principal is used to convey the fact that this goal is the first and primary one of the article. the first and primary purpose of the article. Principle cannot be used here, first because it cannot be used as an adjective and

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second because it does not mean "first" or "primary."

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Principal vs. Principle:  
Commonly Confused Words  
Introduction. The SRA Principles comprise the fundamental tenets of ethical



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behaviour that we expect all those that we regulate to uphold. This includes all individuals we authorise to provide legal services (solicitors, RELs and RFLs), as well as authorised firms and their managers and employees.

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SRA | Principles |  
Solicitors  
Regulation  
Authority  
Behaviour creates  
and alters  
thoughts,  
emotions, feelings -  
and on the long run  
changes the  
identity, thought  
patterns and habits

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for good. After many decades and thousands of experiments, it seems like the As If principle was right there all along, while psychologists and psychiatrists missed it, or used it by accident.

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The Radically New  
Principle Approach to ...

The "AS IF"

Principle. Posted on  
January 29, 2018

January 31, 2018

by Sara Lyn Baril.

When I was about  
13 years old I

remember sitting  
on the couch with

my dad in the

basement having

one of those life-

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talks. The kind that involved me rolling my eyes, and my loving father, persevering to try to reach me.

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The "AS IF"  
Principle – To Lift  
and Inspire  
What is principle? A  
principle, on the  
other hand, is "rule

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of action or conduct" or "a fundamental doctrine or tenet." Principle is often associated with and used as a synonym for moral, meaning "of, relating to, or concerned with the principles or rules of right conduct or the distinction

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between right and wrong." . Are principal and principle related?

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Principal vs.  
Principle |  
Dictionary.com  
The principle asserts that if an event exists that would cause a paradox or any

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"change" to the past whatsoever, then the probability of that event is zero. It would thus be impossible to create time paradoxes.

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