

8 Amazing 60-Second Health Fixes

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Prevention:

“Feelings of having too much to do and not enough time to do it can exact a toll on health and wellbeing,” says Melanie Rudd, PhD candidate at Stanford University’s Graduate School of Business. Her solution? Look at something that inspires awe. Her findings, which will appear in the journal *Psychological Science*, reveal that people who viewed 60-second videos that included awe-inspiring views (astronauts in space, whales breaching and gorgeous waterfalls) felt less time-crunched and less impatient afterward. Why? “Experiencing feelings of awe can alter people’s perceptions of time,” says Rudd.

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