

By Richard Carlson You Can Be Happy No Matter What Five Principles For Keeping Life In Perspective Fifteenth 15th Edition

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Hillbilly Blues
J.D. Vance 2017-05-30
Hillbilly Blues is analyse van een cultuur in crisis - die van de blanke Amerikaanse arbeidersklasse. Niet eerder werd er zo scherp, en van binnenuit, over deze bevolkingsgroep geschreven. J. D. Vance vertelt hoe het is om geboren te worden met sociale en regionale ellende als een wurgkoord om je nek. Het verhaal van de familie Vance begint vol hoop, in het Amerika van na de oorlog. Zijn grootouders verhuisden naar Ohio omdat ze wilden ontsnappen aan de armoede in hun thuisstreek Kentucky. Ze bouwden een middenklassebestaan op, en hun kleinzoon (de auteur) zou uiteindelijk naar Yale Law School gaan: de American Dream. Maar dit is de oppervlakkige versie van de sage. Gaandeweg toont Vance hoe zijn familie geworsteld heeft met de eisen die dit nieuwe bestaan stelde. Het is hun nooit gelukt de geschiedenis van misbruik, alcoholisme, armoede en trauma - zo typerend voor deze groep Amerikanen - van zich af te schudden. Een ontroerende verhaal, met humor verteld en vol kleurrijke figuren. Vance maakt het verlies van de Amerikaanse droom bitter voelbaar. Dit is een eerlijk verhaal over wat het betekent als al je hoop in duigen valt. Een belangrijker boek over Amerika zul je dit jaar niet lezen.' - The Economist 'Een empathische en scherpe sociologische analyse.' - The New York Times 'Deze elegie, deze melancholische klagzang over zijn diepe loyaliteit met een verdoemde klasse die hij achterlaat, gaat over meer dan zijn privé-verhaal. Via Vance krijgen we een inkijkje in Amerika als klassensamenleving.' - De Groene Amsterdammer

Don't Sweat the Small Stuff by Richard Carlson (Summary)
QuickRead
Do you want more free book summaries like this?
Download our app for free at https://www.QuickRead.com/App and get access to hundreds of free book and audiobook summaries. Learn the simple ways to keep little things from taking over your entire life. In today’s modern world, we find ourselves running around stressing about seemingly unimportant things. When was the last time you were angered by a comment someone made? A long line you had to stand in? A traffic jam? A Facebook post? Despite our busy lives, we continue to sweat the small stuff and add unnecessary stress. This stress becomes a vicious cycle as we find ourselves angry and resentful when things don’t go our way or when people don’t think like us. We become too focused on the imperfections of ourselves and others that we forget to focus on the important aspects of life. So if you’re looking to slow down in this fast-paced world and disengage from stress and anger, then Don’t Sweat the Small Stuff will teach you how to find inner peace and enjoy life despite our endless problems and stresses. As you read, you’ll learn why perfection is dangerous, why being right doesn’t always mean being happy, and why yoga is important for your mental and physical wellbeing.

Don't Sweat the Small Stuff Workbook
Richard Carlson 1999-02-04
Richard Carlson's bestselling Don't Sweat the Small Stuff.contains plenty of sensible advice, but it's not always easy to follow. Enter this intriguing workbook with its universal appeal: it's aimed at anyone interested in reducing stress and improving their relationships. Designed to help you put the many peace-promoting "just let it go" principles of Don't Sweat the Small Stuff into active practice, it's bursting with fun quizzes, checklists, self-tests, questions, and activities. If this doesn't instruct and inspire you to make concrete personality and life improvements, there's nothing much that will!

An Hour to Live, an Hour to Love
Kristine Carlson 2011-12-08
If you had one hour to live and could make just one phone call, who would you call? What would you say? Why are you waiting? Richard Carlson's sudden, tragic death in December 2006 left his millions of fans reeling, but even their many letters, calls, and emails couldn't erase the loss felt by his wife Kristine. To try and come to terms with her loss, she pored over 25 years of love letters, reliving the memories and cherishing her late husband's memory. But one letter stood out. Richard had written to his wife on their 18th wedding anniversary and attempted to answer the question: if you had one hour to live, what would you do, who would you call, and what would you say? AN HOUR TO LOVE is a profoundly moving book that shows the importance of treasuring each day as the incredible gift it is.

Summary of Richard Carlson's You Can Be Happy No Matter What
Everest Media, 2022-05-16T22:59:00Z
Please note: This is a companion version & not the original book.
Sample Book Insights:
#1 Thinking is a human ability. It is a function of human consciousness. We cannot control when we think, but we can control how we think. Thinking comes from the same place as what beats our heart: it comes from being alive.
#2 We as humans are the producers of our own thinking. We are the ones who decide what we think, and what we think determines what we see. We must understand that thought is a function of our consciousness, and not something that happens to us.
#3 We forget, moment to moment, that we are in control of our thoughts, and we often blame our circumstances for our feelings of unhappiness. But it's our thinking that determines how we feel, not our circumstances.
#4 We are the thinkers of our own thoughts. It is easy to forget that we are the ones creating the noise of our voices, the food that we ingest, and the thoughts that we have. We often interpret our thoughts as if they were reality, when they are simply abilities that we have.

You Can Be Happy No Matter what
Richard Carlson 1997
Offers advice for readers to overcome adversity and cope with the challenges and painful aspects of life

Don't Sweat the Small Stuff for Teens
Richard Carlson 2012-03-06
Featured in Don't Sweat the Small Stuff: The Kristine Carlson Story starring Heather Locklear, premiering on Lifetime
In this candid guide to adolescence in his #1 bestselling series, Richard Carlson examines the contradictions and challenges unique to teenage life and offers high schoolers (and their parents) tools for learning not to stress about homework, peer pressure, dating, and more. Along the way, he addresses such issues as: Breaking up Getting out of the emergency lane Being OK with your bad hair day Dropping the drama

Don't Sweat the Small Stuff and It's All Small Stuff
Richard Carlson 2002-01-01
Featured in Don't Sweat the Small Stuff: The Kristine Carlson Story starring Heather Locklear, premiering on Lifetime
Put challenges in perspective, reduce stress and anxiety through small daily changes, and find the path to achieving your goals with this groundbreaking inspirational guide—a self-help classic. Don't Sweat the Small Stuff...and It's All Small Stuff is a book that tells you how to keep from letting the little things in life drive you crazy. In thoughtful and insightful language, author Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. You can learn to put things into perspective by making the small daily changes Dr. Carlson suggests, including advice such as "Choose your battles wisely"; "Remind yourself that when you die, your 'in' box won't be empty"; and "Make peace with imperfection". With Don't Sweat the Small Stuff... you'll also learn how to: Live in the present moment Let others have the glory at times Lower your tolerance to stress Trust your intuitions Live each day as it might be your last With gentle, supportive suggestions, Dr. Carlson reveals ways to make your actions more peaceful and caring, with the added benefit of making your life more calm and stress-free.

YOU CAN BE HAPPY NO MATTER WHAT. RICHARD. CARLSON 2016

Happier? Daniel Horowitz 2017-11-01
When a cultural movement that began to take shape in the mid-twentieth century erupted into mainstream American culture in the late 1990s, it brought to the fore the idea that it is as important to improve one's own sense of pleasure as it is to manage depression and anxiety. Cultural historian Daniel Horowitz's research reveals that this change happened in the context of key events. World War II, the Holocaust, post-war prosperity, the rise of counter-culture, the crises of the 1970s, the presidency of Ronald Reagan, and the prime ministries of Margaret Thatcher and David Cameron provided the important context for the development of the field today known as positive psychology. Happier? provides the first history of the origins, development, and impact of the way Americans -- and now many around the world -- shifted from mental illness to well-being as they pondered the human condition. This change, which came about from the fusing of knowledge drawn from Eastern spiritual traditions, behavioral economics, neuroscience, evolutionary biology, and cognitive psychology, has been led by scholars and academic entrepreneurs, as they wrestled with the implications of political events and forces such as neoliberalism and cultural conservatism, and a public eager for self-improvement. Linking the development of happiness studies and positive psychology with a broad series of social changes, including the emergence of new media and technologies like TED talks, blogs, web sites, and neuroscience, as well as the role of evangelical ministers, Oprah Winfrey's enterprises, and funding from government agencies and private foundations, Horowitz highlights the transfer of specialized knowledge into popular arenas. Along the way he shows how marketing triumphed, transforming academic disciplines and spirituality into saleable products. Ultimately, Happier? illuminates how positive psychology, one of the most influential academic fields of the late twentieth and early twenty-first centuries, infused American culture with captivating promises for a happier society.

Resting Place
Jane Rubietta 2009-09-20
A personal retreat. We've never needed it more. We run from one place to the next—from meetings and appointments to our kid's soccer practice, from class to work to choir rehearsal, from the grocery store to small group—and then drop into bed later than we hoped, exhausted and dreading the morning. We want to slow down but don't know how and don't really believe that we can. And often, the idea of a personal retreat—time for solitude and silence—makes us feel as anxious as all our frenzied rushing. What in the world would we do with an hour, an afternoon or (gulp!) a whole day of solitude with God? But what is the cost of our frantic pace? What are we missing by not slowing down for reflection and meditation on Scripture? What kind of toll does our anxious running take on those around us—and, even more deeply, on our own soul? In Resting Place, retreat speaker Jane Rubietta addresses soul matters with retreat topics such as dealing with our fear of abandonment, wrestling with discontent, overcoming our attempts to control others and fulfilling our deep desire to be loved. These retreats help us enter Psalm 23 rest, a place of true rest and trust in our loving, gentle Shepherd. Full of quotes to contemplate, Scripture to meditate on, questions, prayer and journaling ideas, and ideas for creativity, Jane Rubietta leads us to and through times of silence and solitude that will follow us into our everyday world as we learn to allow Jesus to guide, comfort and restore us. Come to the Shepherd, and find the true rest your soul is longing for.

De weg naar Vlaanderen
Claude Simon 1987
Experimentele beschrijving in de traditie van de "nouveau roman" van een episode uit de Tweede Wereldoorlog.

Stop Thinking and Start Living
Richard Carlson 1997
The second revised edition of YOU CAN FEEL GOOD AGAIN: GOOD NEWS ABOUT DEPRESSION, this volume offers short term common sense methods to combat depression and let go of negativity.

Een liefdevolle wereld
Will Bowen 2011-10-09
!-- /# Style Definitions #/ p.MsoNormal, li.MsoNormal, div.MsoNormal {mso-style-parent:""; margin:0cm; margin-bottom:.0001pt; mso-pagination:widow-orphan; font-size:12.0pt; font-family:"Times New Roman"; mso-foreast-font-family:"Times New Roman";} @page Section1 {size:612.0pt 792.0pt; margin:70.85pt 70.85pt 70.85pt 70.85pt; mso-header-margin:35.4pt; mso-footer-margin:35.4pt; mso-paper-source:0;} div.Section1 {page:Section1;} --
Will Bowen is de auteur van het populaire Een betere wereld, het boek dat door middel van een paars armbandje mensen helpt een gelukkiger leven te leiden. In Een liefdevolle wereld past Will zijn `niet-klagen -methode toe om partners een betere, liefdevoller relatie te geven. Hij geeft praktische tips hoe je kunt vermijden dat je negatief reageert en hoe je een positieve levenshouding kunt aanleren én behouden. In dit boek komen vele mensen aan het woord die vertellen hoe ze de negativiteitsbril af durfden zetten en ontdekten dat een positieve kijk niet alleen henzelf inspireerde, maar ook hun omgeving ertoe aanzette de uitdaging aan te gaan.

Don't Sweat the Small Stuff in Love
Richard Carlson 2012-03-06
Featured in Don't Sweat the Small Stuff: The Kristine Carlson Story starring Heather Locklear, premiering on Lifetime
Form, maintain, and repair meaningful romantic relationships and feel like newlyweds every day with this simple, stress-free approach to love. He's helped 12 million people reduce the stress at home and at work with the #1 New York Times bestselling author of Don't Sweat the Small Stuff. With this companion book, Richard Carlson partnered with Kristine, his wife of fourteen years, to create an easy, stress-free way to enhance personal relationships. While depression, heartache, and anger are associated with love relationships, stress is rarely identified as a problem. Yet stress is often a factor in failing relationships. In these one hundred brief, beautifully written essays, the authors show readers how not to overreact to a loved one's criticism, how to appreciate your spouse in new ways, how to get past old angers, and many other ways to improve and increase the joy and pleasure that can and should be part of any relationship. Richard and Kristine Carlson illustrate key strategies for creating a lasting connection, including: Don't come home frazzled Don't sweat the occasional criticism Become a world-class listener Look out for each other

You Can Be Happy No Matter what
Richard Carlson 2006
Identifies five principles of psychological functioning that can act as guides to help individuals reach a natural state of serenity or happiness, including thinking, moods, separate psychological realities, feelings, and the present moment.

You Can Feel Good Again
Richard Carlson 1998-09-01
The words "don't sweat the small stuff" became an important part of American culture thanks to Richard Carlson's runaway bestseller, which made publishing history as the #1 book in the United States for two consecutive years. Now, You Can Feel Good Again has one simple message: changing your thinking changes your life. Carlson offers a commonsense method that allows anyone to release unhappiness and negativity related to present circumstances or past events, and return to a natural state of well-being in the present. You Can Feel Good Again is full of humor, wisdom, and thoughtful guidance—a genuine tool to foster the realization that happiness and contentment are truly one thought away.

The Art of Living joyfully
Allen Klein 2012-10-09
Allen Klein is a motivational speaker and author who believes strongly in the way words can influence how we feel mentally, physically, and spiritually. In this day of tweeting, texting, cyberspeak and the non-language of E-mail, the written and spoken word has the power to touch our hearts and lift our spirit that is extraordinary. In this The Art of Living joyfully, Jolytologist Allen Klein presents a compendium of advice and plain common sense comprising a guide to good cheer. This wonderful collection of quips, quotes and instruction comes from a variety of people and from all eras of history. Dividing the books thematically, covering such topics as Friendship, Laughter, Beauty, Nature, Faith, and more, this is a book to cherish for oneself and to give as a heartfelt gift. HENRY DAVID THOREAU on Friendship: "The most I can for my friend is simply to be his friend," WILLIAM SHAKESPEARE on Laughter: "A light heart lives long." RALPH WALDO EMERSON on Happiness: "Happiness is a perfume which you cannot pour on someone without getting some on yourself." SOPHOCLES on Love: "One word frees us of all the weight and pain of life: That word is love." MARTIN LUTHER on Nature: "Our Lord has written the promise of resurrection, not in books alone but in every leaf of springtime." From yesterday to yesterday to today: from the famous to the little known; on subjects that touch our lives every day in every way, the selection of quotes in THE ART OF LIVING JOYFULLY offers insight and inspiration to help you and those you care about feel good about themselves and life.

Don't Sweat the Small Stuff For Men
Richard Carlson 2011-04-28
Richard Carlson has shown people how not to sweat the small stuff with their families, in love, at work and at home. His wife Kris has shown women how to live more peacefully, and now Richard devotes an entire book to helping men to relax and live in a more productive and calm manner. The book includes such topics as: -Be a quitter -Get out of the serious mode -Rid yourself of a

busy mind -Grant yourself one hour -See stress as non-sexy -Learning from other 'sweaters'

The Breast Cancer Book
Val Sampson & Debbie Fenlon 2012-02-29
This is an excellent book and I would recommend it to any woman with breast cancer.'
Christine Fogg, Breast Cancer Care.
The Breast Cancer Book is the book Val Sampson looked for in vain when she was first diagnosed with breast cancer. Based on her own experience, that of other breast cancer patients and also on interviews with experts in this field, it looks at the conventional medical treatments of surgery, chemotherapy and radiotherapy, as well as at the part which can be played by complementary treatments such as reflexology, meditation and spiritual healing. It also sets out to give emotional help and support in coping with the fear and sense of loneliness that often comes with a diagnosis of cancer, and there are sections on how to get support from people around you, how to look good and feel better, and twenty things to try if you are feeling low. Above all, it shows women that it is possible to lead a happy and fulfilling life after a diagnosis of breast cancer, and that the power to achieve this lies within the individual. This book is the most well-balanced, supportive and honest book on breast cancer available today.

Het Relatiehandboek: Een Eenvoudige Gids Voor Bevredigende Relaties
George Pransky 2019-01-17
Dit boek stelt een manier om naar relaties te kijken voor die fundamenteel anders is dan eender welk boek dat je eerder hebt gelezen. De inzichten in dit boek zullen je helpen om alle mensen (met inbegrip van jezelf, je partner, je familieleden, je vrienden en je collega's) beter te begrijpen en zo al je relaties, niet enkel je liefdesrelaties, te transformeren. De concepten die George Pransky voorstelt in dit boek behoren bij de krachtigste concepten die ooit zijn geformuleerd. De vele klinische casestudies, weergaves van sessies en interviews zorgen ervoor dat dit boek heel gemakkelijk te lezen is en illustreert hen heel begrijpen van deze concepten het leven en de relaties van mensen volledig kan veranderen.

Dans van woede
Harriet G. Lerner 2014-02-11
Veel vrouwen beschouwen woede als een emotie die zwakte verradt, machteloosheid aanduidt en dus onderdrukt worden. Aan de hand van de uitkomsten van wetenschappelijk onderzoek en nieuwe, bevindingen in de psychoanalyse toont Harriet G. Lerner aan hoe –en waarom onze woede bestaande relationele patronen eerder beschermt dan uitdaagt. Ze verklaart ook waarom het voor vrouwen niet alleen moeilijk is om boos te worden, maar ook om hun boosheid te gebruiken om zichzelf sterker en onafhankelijk te maken.

The Power of Now
Eckhart Tolle 2010-10-06
To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being. "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, The Power of Now is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

50 Things You Can Do Today to Manage Hay Fever
Wendy Green 2010-02-01
Did you know that up to one in five people in the UK suffer from hay fever? Are you one of them? In this easy-to-follow book, Wendy Green explains how genetic, dietary, psychological and environmental factors can contribute to hay fever and offers practical advice and a holistic approach to help you deal with your symptoms, including simple dietary and lifestyle changes and DIY complementary therapies. Find out 50 things you can do today to help you cope with hay fever including:
• Identify your allergens
• Adopt preventative strategies
• Choose beneficial foods and supplements
• Manage stress and relax to reduce the number and severity of attacks
• Find helpful organisations and products

You Can Be Happy No Matter What
Carlson, PhD, Richard 2008-11-14

Through Young Eyes
Sarah M Young 2017-08-31
Everything in this book has come from my own thought processes, my observations, and is an opportunity for you to see the world through my eyes. I really do think this book has the ability to have an astounding impact upon your life. This book will challenge you, move you, inspire you, and encourage you to live your best life and to be the best version of yourself. This book acknowledges that there is no good without evil and no success without failure and that we are all simply human, trying to figure this crazy thing called life out together. The last thing I want to say before I let you delve into the chapters that follow is that I honestly hope you can find something that speaks to you within this book. I hope it is a book that you leave on your bedside table, and whether you are feeling sad, lonely, unmotivated, frustrated, or even happy, you can pick it up and find a chapter that says exactly what you need to hear.

Als Het Leven Een Spel Is, Dan Zijn Dit de Regels
Cherie Carter-Scott 2013-01-31
‘Het leven wordt vaak vergeleken met een spel. Helaas krijgen we er geen spelregels bij en vertelt niemand ons hoe we het moeten spelen. We beginnen dus gewoon bij “Af”, verplaatsten ons over het bord, en hopen maar dat we het goed doen.’ Vijftientwintig jaar geleden maakte Chérie Carter-Scott Ph.D. een lijstje van haar Tien regels om eens men te zijn. De regels werden driftig gekopieerd en circuleerden op universiteiten, scholen, kantoren en binnen gespreksgroepen. Niemand wist wie de schrijfster was en ze werden twintig jaar later dan ook onder het kopje ‘Anoniem’ opgenomen in de wereldwijde bestseller Balsem voor de ziel. Als het leven een spel is, dan zijn dit de regels is de uitgebreidere versie van het oorspronkelijke lijstje. In heldere taal legt de schrijfster hier uit wat de regels inhouden en hoe u ze kunt toepassen om een gelukkiger mens te worden. ‘De regels stralen een zeer positieve kracht uit...’ Libelle ‘Een gids in het moderne level.’ GPD

You Can Be Happy No Matter What
Richard Carlson, PhD 2010-09-03
In this revised edition, #1 New York Times bestselling author and nationally known stress-management consultant Dr. Richard Carlson reveals a profound breakthrough in human psychology. Most of us believe that our happiness depends on outside circumstances, that by solving our problems, improving our relationships, or achieving success we will find contentment. But Dr. Carlson clearly shows that happiness has nothing to do with forces beyond our control — in fact, he says, it is our natural state. With this simple and practical guide, Dr. Carlson shows us how to be happy now, before we solve our problems. By understanding five principles — Thought, Moods, Separate Realities, Feelings, and the Present Moment — we can discover a new mode of living that doesn't repress natural emotions yet doesn't allow feelings and thoughts to overwhelm us. You Can Be Happy No Matter What is a navigational tool that gently guides readers through life's challenges and restores the joy of living.

Happiness in Nineteenth-Century Ireland
Mary Hatfield 2021-02-13
One of the most enduring tropes of modern Irish history is the MOPE thesis, the idea that the Irish were the Most Oppressed People Ever. Political oppression, forced emigration and endemic poverty have been central to the historiography of nineteenth-century Ireland. This volume problematises the assumption of generalised misery and suggests the many different, and often surprising, ways in which Irish people sought out, expressed and wrote about happiness. Bringing together an international group of established and emerging scholars, this volume considers the emerging field of the history of emotion and what a history of happiness in Ireland might look like. During the nineteenth century the concept of happiness denoted a degree of luck or good fortune, but equally was associated with the positive feelings produced from living a good and moral life. Happiness could be found in achieving wealth, fame or political success, but also in the relief of lulling a crying baby to sleep. Reading happiness in historical context indicates more than a simple expression of contentment. In personal correspondence, diaries and novels, the expression of happiness was laden with the expectations of audience and author and informed by cultural ideas about what one could or should be happy about. This volume explores how the idea of happiness shaped social, literary, architectural and aesthetic aspirations across the century. CONTRIBUTORS: Ian d'Alton, Shannon Devlin, Anne Dolan, Simon Gallaher, Paul Huddie, Kerron Ó Luain, David McCready, Ciara Thompson, Andrew Tierney, Kristina Varade, Mai Yatani

You Can Be Happy No Matter What
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In this revised edition, #1 New York Times bestselling author and nationally known stress-management consultant Dr. Richard Carlson reveals a profound breakthrough in human psychology. Most of us believe that our happiness depends on outside circumstances, that by solving our problems, improving our relationships, or achieving success we will find contentment. But Dr. Carlson clearly shows that happiness has nothing to do with forces beyond our control - in fact, he says, it is our natural state. *De vrouw die een jaar in bed ging liggen*
Sue Townsend 2014-04-24
Het tweede LINDAboek! Op een dag dat haar neurotische tweeling het huis verlaat om te gaan studeren, giet de volmaakte huisvrouw Eva een pan tomaatensop over haar mooiste steel en stapt uit bed. Voor een halfuurtje, maar ze komt er niet meer uit. Terwijl ze aan haar bed gekluisterd is, moet Eva dealen met een stoet excentriekelingen die door haar slaapkamer paradeert, onder wie haar overstepelige echtgenoot, een briljante wetschapper die niet weet hoe een wasmachine werkt en wiens laatste verjaardagscadeautje aan zijn vrouw een staatslot is. De vrouw die een jaar in bed lag is een geestig en ontroerend boek over wat er gebeurt als een echtgenote plotseling weigert te moederen, koken, wassen en een stappenplan voor de kerst te maken. Sue Townsend, verreweg de grappigste schrijfster van Engeland, heeft een schitterende roman geschreven die het moderne gezinsleven totaal ontkracht.

Easier Than You Think ...because Life Doesn't Have to be So Hard
Richard Carlson 2005-04-26
The best-selling author of Don't Sweat the Small Stuff offers practical advice on how to transform one's life by revealing how even the smallest positive change can make all the difference in one's life, with forty simple but effective ways to change how one thinks and acts. 100,000 first printing.
The Inner World of Money: Taking Control of Your Financial Decisions and Behaviors
Marty Martin 2012-04-25
Unlike most guidebooks for improving personal finances, this breakthrough work helps readers defeat the often debilitating anxieties over money that can affect financial decision-making.
• Self-assessments that help readers understand the current state of their personal finances
• Checklists that break down strategies into easy-to-follow steps
• Exercises to help drive home important ideas
• Tip sheets for avoiding common financial misunderstandings and pitfalls
• Real-life examples that show the effectiveness of the author's approach with actual people
Don't Get Scrooged
Richard Carlson 2009-10-13
Inside find helpful advice, such as: Take a Vacation, Not a Guilt-Trip Don't Get "Should Upon" Hades or Homecoming! Opt In- or Out-of Family Events Quit Being Your Mother Ban Worry from Your Holidays It's Not Daytona—You're Not Jeff Gordon Don't Try to Cook Tailgating Turkeys Don't Get Scrooged is a jewel of a handbook on how to avoid, appease, and even win over the Scrooges who haunt your holidays. Whether it's the salesclerk who ignores you in favor of her cell phone, the customer who knowingly jumps ahead of you in line at Starbucks, the unnaturally irritable boss down the hall, or the in-laws who invite themselves (every year) for a two-week stay at your house, you will always need to deal with Scrooges, grumps, uninvited guests, sticks-in-the-mud, and supreme party poopers. Learning to handle them whenever and wherever they appear is not just optional—it's essential.

Missing Pieces
Liz Samoska 2016-07-20
Do you feel like something is missing in your life? Do you find yourself thinking that there must be more to life? Let me assure you, there is more to life! Do you know what would bring you peace, contentment, joy, and fulfillment? It may not be what you think it is. If you've been searching and haven't found it yet, you're probably looking for the wrong things in the wrong places. The good news is that peace, contentment, joy, and fulfillment can be found and can live inside you forever.

How to Simplify Your Life
Werner Tiki Funstenmacher 2004-03-23
Practical wisdom on work, money, health, and relationships
The international bestseller How to Simplify Your Life offers concrete advice on achieving happiness in a time of economic contraction and uncertainty. The book explains, in seven steps, how to get rid of unnecessary stuff and unload the burdens of modern life—and points the way back to what we know is important but have forgotten. By following the path outlined in the book, readers will learn to organize their time (and their desks), change the way they think about money, improve their health and relationships, and find meaning in their lives. The book shows readers how to: Eliminate chaos in the workplace Cut back on activities and slow down Get rid of money hang-ups and get out of debt Balance private life with career life Make room for relationships

Slowing Down to the Speed of Life
Richard Carlson 2009-10-13
"Age-old wisdom presented in a practical, easy to understand manner that can be utilized by everyone." —Bernie Siegel, M. D., author of Love, Medicine & Miracles Newly revised and updated to address the increased stress of our modern times, Slowing Down to the Speed of Life by bestselling author Richard Carlson (Don't Sweat the Small Stuff...and It's All Small Stuff and Don't Get Scrooged) and Joseph Bailey is the classic guide to creating a more peaceful, simpler life from the inside out. With practical and easy exercises to help you slow down your mind and focus on the present moment, Slowing Down to the Speed of Life, in the words of Dan Millman, bestselling author of Way of the Peaceful Warrior, is "a life-enhancing book with insightful principles for peaceful and productive living at work and at home."

You Can't Ruin My Day
Allen Klein 2015-04-02
You Can't Ruin My Day contains 52 themes to help readers take back their power and not let other people or other situations ruin their day. Each of these themes has three sections: Wake-Up Call (the potential day-ruiner); Follow-Up Exercise (practical steps to turn it around); and Lighten-Up Laugh (gaining a fresh perspective and moving right along). Keep these tools in your arsenal of things to help you maneuver around roadblocks, setbacks, or upsets you might encounter on any given day. Each of the 52 stories and wake-up calls in the book are amazing and inspiring. One couple lost almost all of their money to Bernie Madoff and his Ponzi scheme; instead of bitterness, they chose to learn from their mistake and move on. From getting a parking ticket to family squabbles to life-changers such as the loss of a job, Klein offers wisdom, good humor, and coping skills that improve the quality of life. You Can't Ruin My Day is designed to help you unload the burdens you have been carrying around with you. The book is not only filled with wise words but also inspiring stories and anecdotes, insightful and motivational quotations, and lighthearted and laugh-producing material.

You Can Be Happy No Matter What
Carlson, PhD, Richard 2008-11-14
In this revised edition, #1 New York Times bestselling author and nationally known stress-management consultant Dr. Richard Carlson reveals a profound breakthrough in human psychology. Most of us believe that our happiness depends on outside circumstances, that by solving our problems, improving our relationships, or achieving success we will find contentment. But Dr. Carlson clearly shows that happiness has nothing to do with forces beyond our control - in fact, he says, it is our natural state.

Good Vibes, Good Life
Vex King 2020-03-10
In Good Vibes, Good Life beschrijft Vex King hoe je de kracht van positiviteit kunt benutten. Laat je inspireren tot een mooier en zinvoller leven. In Good Vibes, Good Life beschrijft Vex King hoe je de kracht van positiviteit kunt benutten. Hoe kun je echt van jezelf houden? Kun je negatieve emoties omzetten in positieve? Is het mogelijk om blijvend gelukkig te worden? Wat is je doel in het leven en hoe vind je dat? Vex King, die veel tegenspoed in zijn eigen leven overwon, inspireert met zijn antwoorden een volgende generatie spirituele zoekers. Hij helpt de lezer een leven te creëren om van te houden. Dit alles op een manier die eenvoudig te volgen, nuchter en herkenbaar is.