

Don t sweat the small stuff pdf

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Don't Sweat the Small Stuff. Repackaged to inspire and guide a. Make Peace with Imperfection. Let Go of the Idea that Gentle, Relaxed People Can't be Super-achievers. In thoughtful and insightful Don't Sweat the Small Stuff--and it's all small stuff (Don't Sweat the Small Stuff Series) "I don't want to blow this," my best friend said, "but would it be out of line for me to call you sometime?" The drop-dead gorgeous female smiled even wider From the co-author of the bestselling Handbook of the Soul comes a collection of short essays on attaining peace of mind by learning to let go of small aggravations Contents: Don't sweat the small stuff Make peace with imperfection Let go of the idea that gentle, relaxed people can't be superachievers Be aware of the snowball effect of Dr. Carlson can help everyone to see the bigger picture. Dr. Richard Carlson teaches us, in his gentle and encouraging style, simple strategies for living a more You will, as the serenity prayer suggests, "Change the things that can be changed, accept those that cannot, and have the wisdom to know the difference." I'm confident that if you Don't Sweat the Small Stuff and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life (Don't Sweat the Small Stuff Series) by Richard 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 show you how to stop letting the little things in life drive you crazy. Be Aware of the Snowball Effect of Your Thinking Contents Introduction Don't Sweat the Small Stuff Make Peace with Imperfection Let Go of the Idea that Gentle, Relaxed People Can't be Superachievers Be Aware of the Snowball Effect of Your Thinking Develop Your Compassion Remind Yourself that When You Die, Your "In Basket" Won't Be Empty 7 Don't Sweat the Small Stuff and it's all small stuff is a book that shows you how to keep from letting the little things in life drive you crazy.

 Difficulté Très facile

 Durée 982 jour(s)

 Catégories Énergie, Machines & Outils, Robotique

 Coût 278 USD (\$)

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