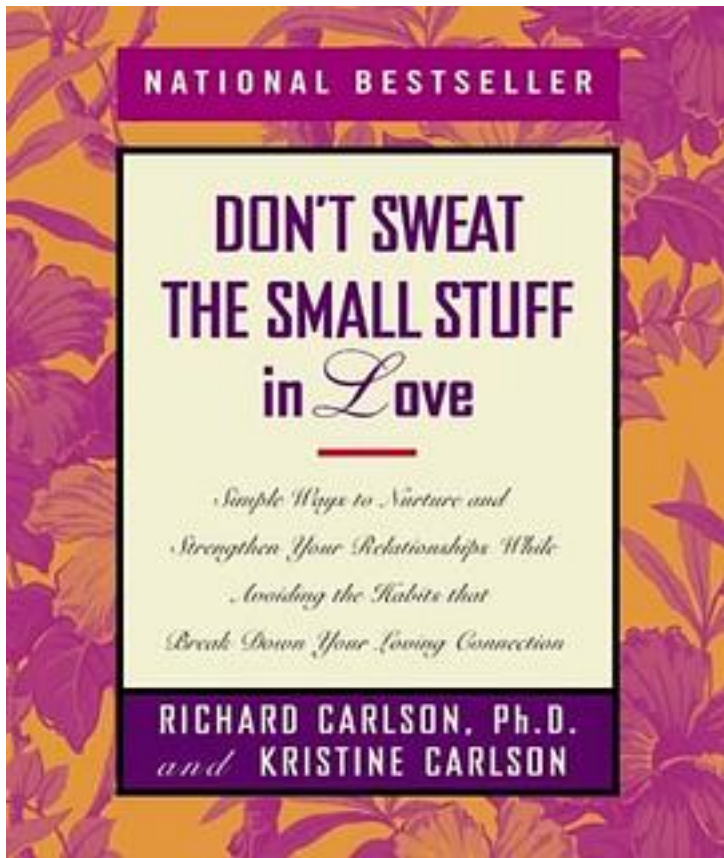


Don't Sweat the Small Stuff in Love (Don't Sweat the Small Stuff Series)



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著者:Richard Carlson

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在线阅读本书

This little book packs a lot of love advice. "Whatever shape your relationship is in--from troubled to absolutely wonderful--it can be even better, with very little effort," promise

husband and wife Richard and Kristine Carlson. (Richard Carlson's original Don't Sweat the Small Stuff has sold more than a million copies.) In 100 essays, you learn simple strategies that "lighten your spirits, open your heart, enhance your life, and broaden your perspective." A tall order for a tiny book! (Actually, the book is only tiny because the print is small enough to make boomers and older readers wonder if they need stronger reading glasses--who made that silly decision?) Many of the two- to three-page essay topics are familiar tips you've probably encountered before--let go of past history, be best friends, stop keeping score, be kind, express your love, be a good listener, and remember that your partner can't read your mind, for example. But even though they aren't earth-shaking or revolutionary, having 100 of them in one book makes it easy to read chapters with your partner and share views, discussing ways to put each strategy into action. And certainly if you use even a quarter of these relationship reminders, you and your partner can't help but become closer. This is the first book Richard has written with his wife, Kristine. The essays grew out of what the Carlsons have learned about keeping a relationship vital and loving over 14 years of marriage. --Joan Price

作者介绍:

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标签

积极心理学

评论

为什么会需要书来告诉我不要为些鸡毛蒜皮的事烦扰?

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书评

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