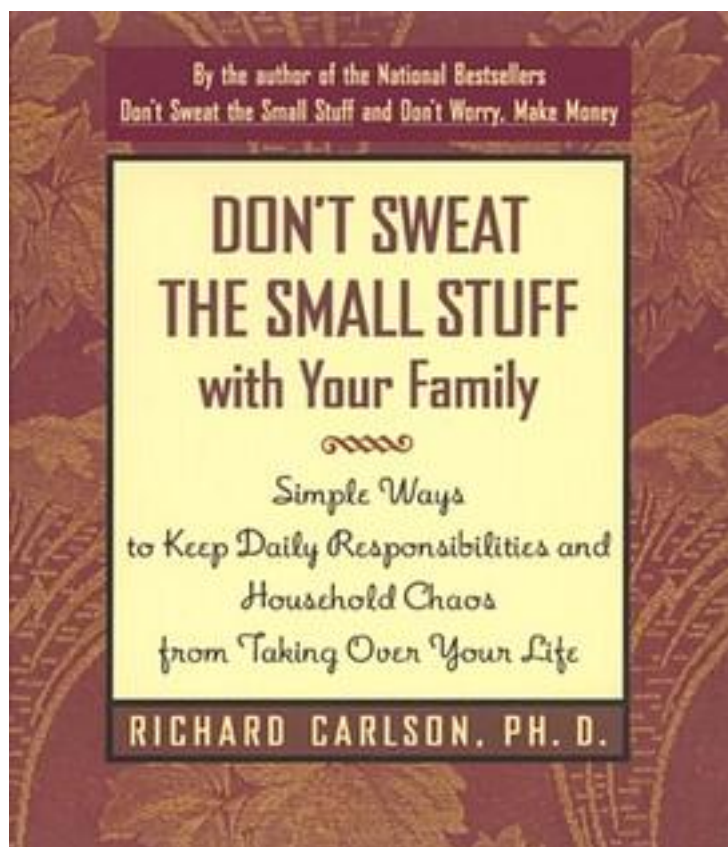


Don't Sweat the Small Stuff with Your Family



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著者:Richard Carlson

出版者:Hyperion

出版时间:1998-04-01

装帧:Paperback

isbn:9780786883370

"While it's easy to allow little things to take over our lives, there are things we can do to make life around the house less stressful", writes Richard Carlson in *Don't Sweat the Small Stuff with Your Family: Simple Ways to Keep Daily Responsibilities and Household Chores from Taking Over Your Life*. In this collection of 98 brief essays, Carlson (author of *Don't Sweat the Small Stuff...And It's All Small Stuff*) meditates on small, but meaningful ways to avoid being overwhelmed by life, particularly family life.

From Number 8: Make Peace with Bickering, to Number 14: Encourage Boredom in Your Children, to Number 72: Stop Exaggerating Your Workload, Carlson's messages serve as reminders for truisms most readers already know but have lost sight of in the bustle of daily life. Carlson's "ways" may be simple, but simplicity is not stupid--his book offers vital injections of wisdom. --Ericka Lutz --This text refers to an out of print or unavailable edition of this title.

作者介绍:

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标签

积极心理学

评论

The most important thing is to know what really matters。 And cling to your belife。 Never give up your dreams。 It is often easier said than done. To me,I have made that kind of mistakes before,so in the future,I really really want to do well and never fell at the same place twice.Familly is a treasure,never take anything or anybody for granted

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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