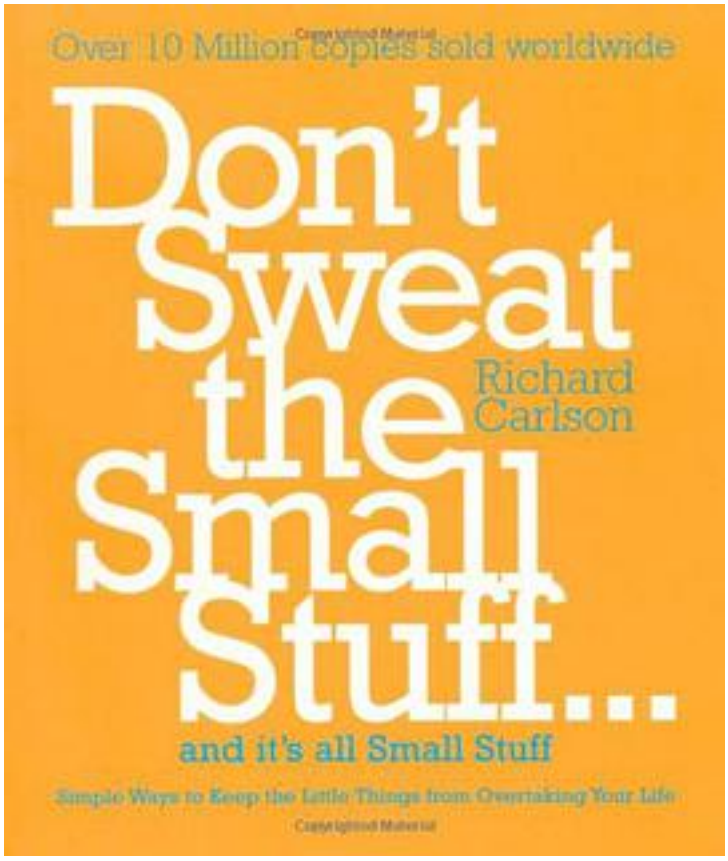
Dont Sweat the Small Stuff and Its Uk



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So many of us would like to live our lives in a calmer and less stressful way, and be able to let go of our problems. This is the book that can show you how to stop letting the little things in life drive you crazy. Dr Richard Carlson teaches us, in his gentle and encouraging style, simple strategies for living a more fulfilled and peaceful life. We can all learn to put things in perspective, and by making the small daily changes he

suggests, including surrendering to the fact that sometimes life isn’t fair, and asking yourself, ‘Will this matter a year from now?’, Dr Richard can help everyone to see the bigger picture. Repackaged to inspire and guide a new generation, this is a Mind, Body and Spirit classic.

作者介绍:

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标签

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?

书的主旨就是要看得开，并且给了一些有建设性的意见。时不时的值得翻开看看。尤其是个摆放在厕所里。

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书评

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