

<<A Don't Sweat the Sm>>

图书基本信息

书名：<<A Don't Sweat the Small Stuff Treasury: A Special Selection for Fathers (平装)>>

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内容概要

The Don't Sweat the Small Stuff Treasuries Richard Carlson, Ph.D. The Don't Sweat the Small Stuff phenomenon continues with a series of mini books perfect for gift-giving. Each treasury targets a specific audience and contains a wealth of wisdom on making life a little bit easier and more stress-free; specially selected from the books in Richard Carlson's bestselling series.

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书籍目录

Introduction
1. The Next Time You Find Yourself in an Argument, Rather than Defend Your Position, See if You Can See the Other Point of View First
2. Stop Blaming Others
3. Become a Less Aggressive Driver
4. Resist the Urge to Criticize
5. When in Doubt about Whose Turn It Is to Take Out the Trash, Go Ahead and Take It Out
6. Become a Better Listener
7. Imagine Yourself at Your Own Funeral
8. Become More Patient
9. Don't Interrupt Others or Finish Their Sentences
10. Remind Yourself that When You Die, Your "In Basket" Won't Be Empty
11. Keep in Mind that a Happy Spouse Is a Helping Spouse
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13. Think of Taking Care of Your Home Like Painting the Bridge
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