<<A Don't Sweat the Sm>>

图书基本信息

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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

Introduction1. The Next Time You Find Yourself in an Argument, Rather than Defend Your Position, See if You Can See the Other Point of View First2. Stop Blaming Others3. Become a Less Aggressive Driver4. Resist the Urge to Criticize5. When in Doubt about Whose Turn It Is to Take Out the Trash, Go Ahead and Take It Out6. Become a Better Listener7. Imagine Yourself at Your Own Funeral8. Become More Patient9. Don't Interrupt Others or Finish Their Sentences10. Remind Yourself that When You Die, Your "In Basket" Won't Be Empty11. Keep in Mind that a Happy Spouse Is a Helping Spouse12. Listen to Her13. Think of Taking Care of Your Home Like Painting the Bridge14. Develop Your Own Reset Buttons15. Never, Ever, Take Your Spouse (or Significant Other) for Granted16. Appreciate Your In-Laws17. Separate Work from Everything Else18. Don't Overemphasize Your Vacations19. Remind Yourself that You Can't Take It with You20. Get Some Exercise21. Reverse Roles with Your Spouse22. Make Friends with Your Receptionist23. Recognize Patterns of Behavior24. Take Your Next Vacation at Home

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