

You Can Be Happy No Matter What Five Principles For Keeping Life In Perspective

You Can be Happy No Matter what

Many people believe they can only be happy when their problems are solved, relationships improve, and goals are achieved. In this simple guide, Dr. Richard Carlson shows readers how to be happy right now - no matter the situation. His plan, based on the principles of Thought (thoughts are voluntary, not involuntary); Mood (thinking is a voluntary that varies function varies from moment to moment and these variances are called moods); Separate Realities (everyone thinks in a unique way and lives in separate psychological realities); Feelings (feelings and emotions serve as a barometer for when one is \"off-track\" and headed for unhappiness); and the Present Moment (the only time when genuine contentment, satisfaction, and happiness). & This timeless book guides readers through life's challenges and restores the joy of living along the way.

You Can Be Happy No Matter What

Happiness is Not Around the Corner; it's Right Here, Right now Do you find yourself waiting for the best part of your life to begin? Or those things will get better soon? Dr. Richard Carlson, author who helped millions of readers stop sweating the small stuff, reminds us all You Can Be Happy No Matter What. Interactive Edition: In this interactive edition, people can experience the book in a wholly new way with Carlson's narration, illuminating passages about living joyfully in the present moment. This handbook for happiness is based on proven psychology, the Principles of Thought, covering thought, mood, separate realities and feelings. Every moment of every day, our minds are working to make sense out of what we see and experience; yet this is one of the least understood principles in our psychological makeup. Carlson's breakthrough work here in understanding the nature of thought can be the foundation to a fully functional life. Dr. Richard Carlson's wise words in his own voice bring new dimension and understanding of awakening to your own happiness. This superlative interactive book aids anyone in understanding the ups and downs of life and how to build resilience. Most importantly, Carlson reminds us to not let the downside get in the way of living joyfully, despite the daily challenges we all face. In his own words, "Happiness is a state of mind, not a set of circumstances."

You Can be Happy No Matter what

In this revised edition, #1 New York Times bestselling author and nationally known stress-management consultant Dr. Richard Carlson reveals a profound breakthrough in human psychology. Most of us believe that our happiness depends on outside circumstances, that by solving our problems, improving our relationships, or achieving success we will find contentment. But Dr. Carlson clearly shows that happiness has nothing to do with forces beyond our control — in fact, he says, it is our natural state. With this simple and practical guide, Dr. Carlson shows us how to be happy now, before we solve our problems. By understanding five principles — Thought, Moods, Separate Realities, Feelings, and the Present Moment — we can discover a new mode of living that doesn't repress natural emotions yet doesn't allow feelings and thoughts to overwhelm us. You Can Be Happy No Matter What is a navigational tool that gently guides readers through life's challenges and restores the joy of living.

You Can Be Happy No Matter What

In this revised edition, #1 \"New York Times\"-bestselling author and nationally known stress-management consultant Carlson reveals a profound breakthrough in human psychology with his assertion that happiness is man's natural state.

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You Can Be Happy No Matter What

Now featuring new research and the most current information on the science of happiness, this book presents an outline of the nine choices happy people consistently make. Also included are tools for self-assessment to allow readers to measure happiness-and to find out what might be holding them back from having more of it. Insightful, intimate, and inspiring, How We Choose to Be Happy lets readers learn by example, and take substantial steps toward joining the ranks of the extremely happy.

How We Choose to Be Happy

Smile For No Good Reason by New York Times best-selling author Dr. Lee Jampolosky, is filled with simple things you can do to get happy NOW! Presented in clear and concise ways it has helped thousands of people and now it can help you! Dr. Jampolsky teaches us about attitudinal healing through 12 principles taught through powerful and concise stories that will give you the tools to live a happier and more meaningful life. Attitudinal healing is a way to go through your day responding to life's challenges with peace of mind rather than with fear, anger and guilt. It has helped thousands of people and now it can help you.

You Can be Happy No Matter what

Feeling rushed, harried, stressed, or like you can never get enough done? Ever feel that while your life is full - maybe too full - of things to do, you aren't enjoying yourself nearly enough? Are you worried that slowing down your life will mean giving up work, activities or relationships? Relax! In Slowing Down to the Speed of Life Richard Carlson and Joseph Bailey explain how you can achieve a calmer, saner state of mind. Illustrated with useful exercises, charts and diagrams, as well as inspiring personal reflections, Slowing Down to the Speed of Life shows us that there really is plenty of time to build meaningful relationships, master seemingly hectic schedules, and maintain a healthy calm in the midst of life's storm.

Smile for No Good Reason

What is love? Why is it central to our happiness and personal growth? How can we find, nurture, express it, and keep it alive? In original essays written for this book, Andrew Weil, Deepak Chopra, Leo Buscaglia, and 31 other spiritual teachers offer inspiration and advice for everyone who wants to explore the enduring power and spiritual significance of love.

Slowing Down to the Speed of Life

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides

scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

Handbook for the Heart

The words “don't sweat the small stuff” became an important part of American culture thanks to Richard Carlson’s runaway bestseller, which made publishing history as the #1 book in the United States for two consecutive years. Now, *You Can Feel Good Again* has one simple message: changing your thinking changes your life. Carlson offers a commonsense method that allows anyone to release unhappiness and negativity related to present circumstances or past events, and return to a natural state of well-being in the present. *You Can Feel Good Again* is full of humor, wisdom, and thoughtful guidance—a genuine tool to foster the realization that happiness and contentment are truly one thought away.

The Happiness Trap

Inside find helpful advice, such as: Take a Vacation, Not a Guilt-Trip Don't Get \“Should Upon\” Hades or Homecoming? Opt In- or Out-of Family Events Quit Being Your Mother Ban Worry from Your Holidays It's Not Daytona—You're Not Jeff Gordon Don't Try to Cook Tailgating Turkeys Don't Get Scrooged is a jewel of a handbook on how to avoid, appease, and even win over the Scrooges who haunt your holidays. Whether it's the salesclerk who ignores you in favor of her cell phone, the customer who knowingly jumps ahead of you in line at Starbucks, the unnaturally irritable boss down the hall, or the in-laws who invite themselves (every year) for a two-week stay at your house, you will always need to deal with Scrooges, grumps, uninvited guests, sticks-in-the-mud, and supreme party poopers. Learning to handle them whenever and wherever they appear is not just optional—it's essential.

You Can Feel Good Again

More than 6 million readers around the world have improved their lives by reading *The Magic of Thinking Big*. First published in 1959, David J Schwartz's classic teachings are as powerful today as they were then. Practical, empowering and hugely engaging, this book will not only inspire you, it will give you the tools to change your life for the better - starting from now. His step-by-step approach will show you how to: - Defeat disbelief and the negative power it creates - Make your mind produce positive thoughts - Plan a concrete success-building programme - Do more and do it better by turning on your creative power - Capitalise on the power of NOW Updated for the 21st century, this is your go-to guide to a better life, starting with the way you think.

Don't Get Scrooged

Discover and fulfill your God-given purpose by joining the more than thirty-five million others who have embarked on a spiritual journey that started with this #1 New York Times bestselling book by Pastor Rick Warren. Before you were born, God knew what your life had in store for you. His hope for you is to discover the life he created just for you--both here on earth, and forever in eternity. Let Rick Warren guide you as you learn to live out your true purpose. *The Purpose Driven Life* is more than a book; it's a road map for your spiritual journey. Combining thoughtful verses from Scripture with timely stories and perspectives from Warren's own life, *The Purpose Driven Life* will help you discover the answer to one of life's most important questions: What on earth am I here for? Throughout *The Purpose Driven Life*, Warren will teach you to spend time getting to know yourself and your creator in order to live your life to the fullest. Unlocking your true purpose will also reduce your stress, simplify your decisions, increase your satisfaction, and, most importantly, prepare you for eternity. Designed to be read over the course of forty-two days, *The Purpose Driven Life* will help you see the big picture, giving you a fresh perspective on the way that the pieces of your life fit together. Every chapter of *The Purpose Driven Life* provides a daily meditation and practical steps to help you uncover and live out your purpose, starting with exploring three essential questions: The Question of Existence: Why am I alive? The Question of Significance: Does my life matter? The Question of Purpose: What on earth am I here for? Each copy of *The Purpose Driven Life* also includes thoughtful discussion questions, audio Bible studies that go along with every chapter, and access to a supportive online community, giving you the opportunity to dive even deeper into each life-changing lesson.

The Magic of Thinking Big

You can learn the principles of well-being in ten easy steps that help you achieve your goals without being dependent on a therapist: move with your moods, think your thoughts and let them go, and dig deep for your wisdom. Richard Carlson's principles will start you on the journey toward wellness immediately.

The Purpose Driven Life

The Happy Book shows how to practice and celebrate happiness so you can find it when you really need it. Packed with creative prompts, wacky ideas, and hip activities, this is the ultimate pick-me-up. Packaged to encourage doodling and drawing, The Happy Book has space to scribble thoughts, make lists, fill in the blanks, and paste pictures. This book is about creating a record of what makes you glad, whether that means '80s hair bands or hot chocolate with churros. Fully interactive and customizable for each reader, The Happy Book allows today's social networking fans an offline outlet for play. From photo scavenger hunts to cake baking to finger painting, everyone's happy formula is unique. The Happy Book enables readers to celebrate and share whatever gives them wall-to-wall joy.

Shortcut through Therapy

Dr. Stevens' research identifies specific learnable beliefs and skills--not general, inherited traits--that cause people to be happy and successful.

The Happy Book

Most people spend at least 40 hours a week in the office, and constant deadlines, heavy workloads, and daily dilemmas can make working a stressful experience. In his new book, Richard Carlson shows readers how to interact more peaceably and joyfully with colleagues, clients and bosses. He reveals tips such as planning what you're going to say in a meeting or presentation, taking a deep breath before reacting to a co-worker's criticism, and asking for a raise in the most effective way possible. Transforming your outlook at the office will not only ease stress in the workplace, it will also lead to a happier life at home. Written in Carlson's warm, appealing style, Don't Sweat the Small Stuff at Work is certain to be an inspirational bestseller to the thousands who loved his previous books.

You Can Choose to be Happy

Commit to excellence and celebrate your natural gifts by embracing eight principles for professional and spiritual success from #1 New York Times bestselling author Joel Osteen. In You Can, You Will, these eight undeniable qualities of winners can help you reach your potential and achieve new levels of success in your life: Keep Your Vision in Front of You Run Your Race Expect Good Things Have a Positive Mindset Commit to Excellence Keep Growing Serve Others Stay Passionate You are created to be a winner. Live by Joel Osteen's eight principles and boldly go in the direction of your destiny.

Don't Sweat the Small Stuff at Work

Are you unhappy with your directionless life? Discover a roadmap for navigating your successful, fulfilling future. \ "A simple, effective plan to change your life and attain your goals.\ " -Jim \ "The Rookie\ " Morris, Athlete, author, teacher and inspiration for the movie, The Rookie. Struggling to cope with personal tragedy? Worried you'll never live up to your full potential? Bestselling author Roy Huff overcame abuse and abject poverty to become an accomplished teacher and research scientist. His secrets for success have changed countless lives, and now they can help you too! Think Smart Not Hard connects science and human psychology to help you retrain your brain for a brighter tomorrow. Through a combination of step-by-step strategies and inspirational anecdotes, this transformational guidebook will help you conquer common obstacles to discover your life's true path. In Think Smart Not Hard, you'll discover: How to develop the right mindset to overcome any personal tragedy How writing down and reflecting upon action plans will ignite your success How incorporating weekly principles can accelerate your road to recovery A series of

exclusive quotations from industry leaders and motivational gurus Simple hacks to help you take charge of your personal finances, and much, much more! Think Smart Not Hard is your no-nonsense guide for finally grasping the life you were born to live. If you like real-world applications, optimizing your existing strengths, and honest accounts from a self-made man, then you'll love Roy Huff's energizing resource. Buy Think Smart Not Hard to begin shaping your destiny today!

You Can, You Will

Based on a phenomenally popular blog post, a simple and counterintuitive approach to finding true joy When Luminita Saviuc, founder the PurposeFairy blog, posted a list of things to let go in order to be happy, she had no idea that it would go viral, shared more than 1.2 million times and counting. Based on that inspiring post, this heartfelt book gives readers permission to give up-- that is, to let go of the bad habits that are holding them back from achieving authentic happiness and living their best lives. Lessons include: · Give Up the Past · Give Up Your Limiting Beliefs · Give Up Blaming Others · Give Up the Need to Always Be Right · Give Up Labels · Give Up Attachment Simple yet wise, and informed by the author's own inspiring personal journey, this liberating little book presents a fresh twist on happiness advice: take a step back to reflect, and give yourself permission to let things go. Includes a foreword by Vishen Lakhiani, New York Times-bestselling author of The Code of the Extraordinary Mind and founder and CEO of Mindvalley.

Think Smart Not Hard

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of The Laws of Human Nature. In the book that People magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, The 48 Laws of Power is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

15 Things You Should Give Up to Be Happy

What Influencers Are Saying About Think Yourself Happy \I want to encourage you to get this book. Why? If you don't program yourself, you will be programmed. And so this book is about taking charge of your mind, being not conformed to this world, being transformed by the renewing of your mind. Think Yourself Happy helps you to do that each and every day. So make sure you get it now. Make it important. Make it a priority because it will literally transform your life!\ -- Les Brown, World's #1 Motivational Speaker, Former Congressman, and Bestselling Author \Sometimes, it's the simplest things that can make the biggest difference in our lives. Think Yourself Happy is a great little read to help you learn how to achieve happiness.\ -- Tom Hopkins, author, The Official Guide to Success and When Buyers Say No \Think Yourself Happy is such a powerful testament to how we can control our own happiness by training ourselves to think happily, not just in the moment, but to change our thought processes to find the clarity to pursue that which truly drives you. Greg Jacobson's clear, positive writing not only inspires the reader to want to make these changes, but breaks them down into easily understood components that removes the barriers we set up to making these changes. Think Yourself Happy should be on everyone's reading list.\ -- Keith Ferrazzi, Author of Two #1 NY Times Bestsellers Who's Got Your Back & Never Eat Alone

The 48 Laws of Power

\Powerful new techniques to program your potential for success\--Cover.

Think Yourself Happy

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago,

it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's “softwired” by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

What to Say When You Talk to Your Self

...original writings by Lynn Andrews, Melody Beattie, Joan Borysenko, Jack Canfield, Stephen R. Covey, Wayne Dyer, Betty Eadie, Robert Fulghum, John Gray, Jon Kabat-Zim, Thomas Moore, Ram Dass, Bernie Siegel, and others.

Rewire Your Brain

“A ... new philosophy and ... guide to getting the most out of your money--and out of life--for those who value memorable experiences as much as their earnings”--

Handbook for the Soul

Scientists and academics have spent entire careers investigating what makes people happy. But hidden in obscure scholarly journals and reports, their research is all too often inaccessible to ordinary people. Now the bestselling author of the 100 Simple Secrets series distills the scientific findings of over a thousand of the most important studies on happiness into easy-to-digest nuggets of advice. Each of the hundred practices is illustrated with a clear example and illuminated by a straightforward explanation of the science behind it to show you how to transform a ho-hum existence into a full and happy life. Believe in yourself: Across all ages, and all groups, a solid belief in one's own abilities increases life satisfaction by about 40 percent, and makes us happier both in our home lives and in our work lives. Turn off your TV: Watching too much TV can triple our hunger for more possessions, while reducing our personal contentment by about 5 percent for every hour a day we watch.

Die with Zero

Why wait for a life-threatening accident or some other disaster to suddenly realize the miraculous joy of everyday living? This book describes how to live life to the fullest and appreciate every minute now, instead of waiting impatiently for the perfect job, the dream house, or the million-dollar inheritance that never comes. Impatience, greed, and other evils threaten our happiness by constantly making us wish for more. But the life we live is the life God has planned for us, and has everything we need to be happy. -- Identifies keys to enjoying life every day -- Helps readers refocus and re-evaluate their perspective -- Describes seven aspects of modern culture that drag us down -- Teaches appreciation for the processes of life, not just achieving goals -- Discusses the value of relationships in living a fulfilling life -- Underscores the importance of a clear, solid relationship with God

The 100 Simple Secrets of Happy People

A book that shows you how to prevent the little things in life driving you crazy. In thoughtful and insightful language, author Richard Carlson reveals ways to calm down in the midst of your hurried, stress-filled life. Learn how to put things in perspective by making the small daily changes he suggests, including advice such as “Think of your problems as potential teachers”; and

\\"remember that when you die, your 'in' box won't be empty\\". You should also try to live in the present moment, let others have the glory at times, and lower your tolerance to stress. You can write down your most stubborn positions and see if you can soften them, learn to trust your intuitions, and live each day as if it might be your last.

Keeping Life in Perspective

Over 16 million copies sold worldwide 'Every human being should read this book' Simon Sinek One of the outstanding classics to emerge from the Holocaust, Man's Search for Meaning is Viktor Frankl's story of his struggle for survival in Auschwitz and other Nazi concentration camps. Today, this remarkable tribute to hope offers us an avenue to finding greater meaning and purpose in our own lives.

Don't Sweat the Small Stuff-- and It's All Small Stuff

Would you like to experience amazing clarity, peace, and freedom, even in the midst of challenging circumstances? In this groundbreaking new book, bestselling author Michael Neill shares an extraordinary new understanding of how life works that turns traditional psychology on its head. This revolutionary approach is built around three simple principles that explain where our feelings come from and how our experience of life can transform for the better in a matter of moments. Understanding these principles allows you to tap into the deeper intelligence behind life, access your natural wisdom and guidance, and unleash your limitless creative power. You'll be able to live with less stress, greater ease, and a sense of connection to the larger unfolding of life. Welcome to the space where miracles happen... Are you ready to begin?

How to Win Friends and Influence People

WINNER OF THE INTERNATIONAL BUSINESS BOOK AWARD 2019 From the million-copy bestselling author of The 48 Laws of Power Robert Greene is a master guide for millions of readers, distilling ancient wisdom and philosophy into essential texts for seekers of power, understanding and mastery. Now he turns to the most important subject of all - understanding people's drives and motivations, even when they are unconscious of them themselves. We are social animals. Our very lives depend on our relationships with people. Knowing why people do what they do is the most important tool we can possess, without which our other talents can only take us so far. Drawing from the ideas and examples of Pericles, Queen Elizabeth I, Martin Luther King Jr, and many others, Greene teaches us how to detach ourselves from our own emotions and master self-control, how to develop the empathy that leads to insight, how to look behind people's masks, and how to resist conformity to develop your singular sense of purpose. Whether at work, in relationships, or in shaping the world around you, The Laws of Human Nature offers brilliant tactics for success, self-improvement, and self-defence.

Man's Search For Meaning

Single, less stressed, and free If you're tired of swiping through dating apps, ghosting, and hearing well-meaning questions about why you're still single, it's hard not to feel "less-than" because you haven't found your soul mate. Until now. How to Be Single and Happy is an empowering, compassionate guide to stop overanalyzing romantic encounters, get over regrets or guilt about past relationships, and identify what you want and need in a partner. But this isn't just another dating book. Drawing on her extensive expertise as a clinical psychologist, as well as the latest research, hundreds of patient interviews, and key principles in positive psychology, Dr. Jennifer Taitz challenges the most common myths about women and love (like the advice to play hard to get). And while she teaches how to skillfully date, she'll also help you cultivate the mindset, values, and connections that ensure you'll live your best, happiest life, whether single or coupled up.

The Inside-Out Revolution

The landmark self-help bestseller that has inspired and enhanced the lives of more than 30 million readers. In this updated edition, with a new introduction and editorial commentary by Matt Furey, president of the Psycho-Cybernetics Foundation, the original 1960 text has been annotated and amplified to make Maxwell Maltz's message even more relevant for the contemporary reader. Maltz was the first researcher and author to explain how the self-image (a term he popularized) has complete control over an individual's ability to achieve, or fail to achieve, any goal. He

developed techniques for improving and managing self-image visualization, mental rehearsal and relaxation which have informed and inspired countless motivational gurus, sports psychologists, and self-help practitioners for more than sixty years. Rooted in solid science, the classic teachings in Psycho-Cybernetics continue to provide a prescription for thinking and acting that lead to life-enhancing, quantifiable results.

The Laws of Human Nature

One man's extraordinary journey through the twentieth century and how he learned to read at age 98 "Things will be all right. People need to hear that. Life is good, just as it is. There isn't anything I would change about my life."—George Dawson In this remarkable book, George Dawson, a slave's grandson who learned to read at age 98 and lived to the age of 103, reflects on his life and shares valuable lessons in living, as well as a fresh, firsthand view of America during the entire sweep of the twentieth century. Richard Glaubman captures Dawson's irresistible voice and view of the world, offering insights into humanity, history, hardships, and happiness. From segregation and civil rights, to the wars and the presidents, to defining moments in history, George Dawson's description and assessment of the last century inspires readers with the message that has sustained him through it all: "Life is so good. I do believe it's getting better." WINNER OF THE CHRISTOPHER AWARD "A remarkable autobiography . . . the feel-good story of the year."—The Christian Science Monitor "A testament to the power of perseverance."—USA Today "Life Is So Good is about character, soul and spirit. . . . The pride in standing his ground is matched—maybe even exceeded—by the accomplishment of [George Dawson's] hard-won education."—The Washington Post "Eloquent . . . engrossing . . . an astonishing and unforgettable memoir."—Publishers Weekly Look for special features inside. Join the Circle for author chats and more.

How to Be Single and Happy

Featured in Don't Sweat the Small Stuff: The Kristine Carlson Story starring Heather Locklear, premiering on Lifetime This #1 bestselling guide to managing your career and living comfortably with your finances reveals fascinating insights for everyone from businesspeople to those who manage the household budget. Don't Sweat the Small Stuff About Money illuminates how to: Learn more about the relationship between moods and money Be aware of what you don't know, and what you're not good at Spend the bulk of your time on the \"critical inch\" of your business Avoid giving away your power.

Psycho-Cybernetics (Updated and Expanded)

Life Is So Good

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