

《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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作者：Richard Carlson

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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.

Height (mm) 99

Width (mm) 85

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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
12. Listen to Her
13. Think of Taking Care of Your Home Like Painting the Bridge
14. Develop Your Own Reset Buttons
15. Never, Ever, Take Your Spouse (or Significant Other) for Granted
16. Appreciate Your In-Laws
17. Separate Work from Everything Else
18. Don't Overemphasize Your Vacations
19. Remind Yourself that You Can't Take It with You
20. Get Some Exercise
21. Reverse Roles with Your Spouse
22. Make Friends with Your Receptionist
23. Recognize Patterns of Behavior
24. Take Your Next Vacation at Home

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