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Richard Carlson , ??????? ???????

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Arisa Ali says

This read has reminded me that life is best lived in balance. It has provided me with insight (which after reading it, sounds common sense that is not so common, lol) - basically, as humans, we have this tendency to focus and sweat on the small things.

Once we start sweating the small things in any situation, it sets the tone for our thoughts, our feelings, increases stress level, and ultimately, you'll be focusing on the negatives. Cos, let's be honest, we do it all the time.

A lovely reminder that if your focus is primarily on the good and positive, your mental health will reap dividends. That is not to say to be overly positive to the point of fakeness but, it sure does help to calibrate our perspectives to the rational and objective.

Nona Ali II says

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Ahmed says

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Leemarie J. Morales says

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Taher says

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Noor says

[illegible]

Mohammed Ammar says

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[illegible]

Aya El-Iwashaysh Al Hasi says

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4nahla says

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Maysoon Al-hawwari says

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Denise says

Already loving it, and considering buying different books from this series. If you are looking for simple ways to reduce the level of stress in your life, this book is perfect. Some examples are extreme, but he gets the point across. I would bet you wouldn't even know you do some of these things until he points them out.

Some of my favorites:

Learn to Live in the Present Moment

Repeat "Life Isn't an Emergency"

Become a Better Listener

Praise and Blame are All the Same

Stop Blaming Others

Be Careful What You Ask For

Avoid the Tendency to Put a Cost on Personal Things

Don't Live for Retirement

Never, Ever, Take Your Spouse (or Significant Other) for Granted

Stop Repeating the Same Mistakes

Wish Wonder Woman Good-bye

Say "No, but Thanks for Asking" (Without Feeling Guilty)
