



Dont Sweat The Small Stuff In Love

Richard Carlson

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Dont Sweat The Small Stuff In Love Details

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From Reader Review Dont Sweat The Small Stuff In Love for online ebook

Sheila Rowan says

Excellent advice about enjoying the life you are given.

Amy says

Such a great little book. In it are 100 suggestions for living a more peaceful life. There wasn't anything revolutionary. Since this book has been around for over twenty years, I think the advice has trickled into my head in one form or another throughout my life; but I liked the way he framed the different ideas, his personal experience of each, and the flow of one into the next. It made this book a pleasure to read.

Did it change my life? Not really, as I'm already practicing most of the ideas here, but I like the way his words float through my head when I'm in a stressful situation. I borrowed this book from the library, but I plan on buying it to keep these ideas fresh in case I start to slip into negative habits.

Two things I've implemented:

#7 Don't interrupt others and finish their sentences. Over the past few years, this has become a bad habit of mine. Mainly because if there's a response or point I want to make I will forget what it was in the course of listening. Now I don't worry about that anymore, if I forget, I forget, it's more important to thoroughly listen to the other person. Most of the time they have exactly zero need for my wisdom or advice and have 100% desire to be heard and supported. Especially with my kids, it can be difficult to listen when their ideas wander or they search for a word, but being mentally present and patient when they talk shows them that their ideas and feelings have worth.

#20 Once a week write a heartfelt letter. In his description, some people groaned and said things like, "I'll be writing letters for the rest of my life." I had the opposite response, "Who would want to hear from me?" Silly, I know, as most people in the world like hearing someone send love even from a nobody, such as myself. This idea makes me squirm, which tells me it's right.

Yash Tyagi says

I chose this book literally because the title resonated with what i feel and a bit of what I'm struggling to feel, and it did more than that! A classic self help!

Abu Anil John says

This is by far the best advice book i have ever read.... Simple simple suggestions that are really helpful to make our life so easy and good

Ericad says

This book changed my entire outlook on life and changed my "snowballing" attitude

Gus Oliver says

one of the worst audiobooks i have listened to. like having to sit through a very bad poorly insighted sermon in a very bad church. really poor.very disappointed with such a famous book.

Yvette says

I liked the book. This book made me realise the daily humdrum is not worth stressing about. Most of the daily lives.doesn't alter the future.

Alison says

Excellent!
