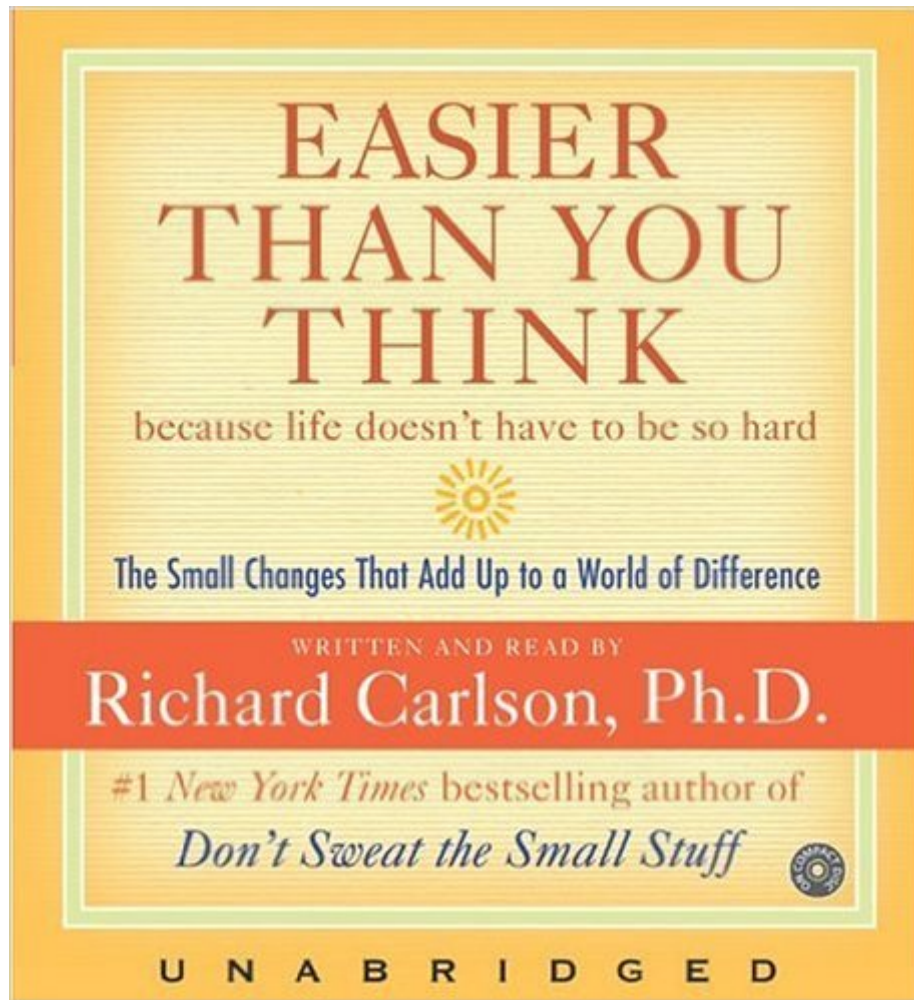


The book was found

Easier Than You Think CD



Synopsis

All of us are looking for ways to take control of our lives, whether in our relationships, our families, our work, our health, or our future plans. Daily challenges have a way of overwhelming us, making life harder than it needs to be. The good news is that the answers are out there. And they are Easier Than You Think. In the phenomenal bestseller *Don't Sweat the Small Stuff*, Richard Carlson taught millions of readers how to stop the little things in life from driving them crazy. Now, in *Easier Than You Think*, Carlson demonstrates how making simple yet effective changes can get our life back on course. With his unique blend of storytelling and advice, Carlson offers proven ways that even the smallest amounts of change can add up to become a fortune of difference in our lives. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audio CD

Publisher: HarperAudio; Unabridged edition (April 26, 2005)

Language: English

ISBN-10: 0060794305

ISBN-13: 978-0060794309

Product Dimensions: 5.8 x 6.4 x 0.6 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (34 customer reviews)

Best Sellers Rank: #2,758,367 in Books (See Top 100 in Books) #8 in Â Books > Books on CD >

Authors, A-Z > (C) > Carlson, Richard #2627 in Â Books > Books on CD > Health, Mind & Body >

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Customer Reviews

Loved Richard Carlson's latest book, *EASIER THAN YOU THINK* (see also Sections 2, 10 and 11), but that's no real surprise because he is one of favorite authors . . . if his name isn't familiar, then methinks you might want to jot it down and start reading his *DON'T SWEAT THE SMALL STUFF* or anything else in that series. Carlson has the unique talent to make things simple . . . in *EASIER*, his subtitle says it all: *BECAUSE LIFE DOESN'T HAVE TO BE SO HARD* . . . it really doesn't, especially if you start implementing what he mentions in his second subtitle: *THE SMALL CHANGES THAT ADD UP TO A WORLD OF DIFFERENCE*. As an example, his advice from Chapter 18, "Set Your Expectations to Zero," hit home because of some of the stress I'm presently encountering with a move into a new home . . . he mentioned that when you work out, you should set your expectations

to zero so you can appreciate your body, as opposed to resenting it and wishing you were different. He then cites the story of a dear friend of his dad's who recently died: Even at the very end of Wally's life, he would say, "Life doesn't get any better than this. I have today. I have my friends. I can breathe. I'm alive. I'm very happy to be here." And the most beautiful part of Wally's attitude was that everyone who knew him knew that he meant every single word. There were many other tidbits I gained from reading *EASIER THAN YOU THINK*; among them: You can make an articulate argument for either side-being grateful or being overextended.

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