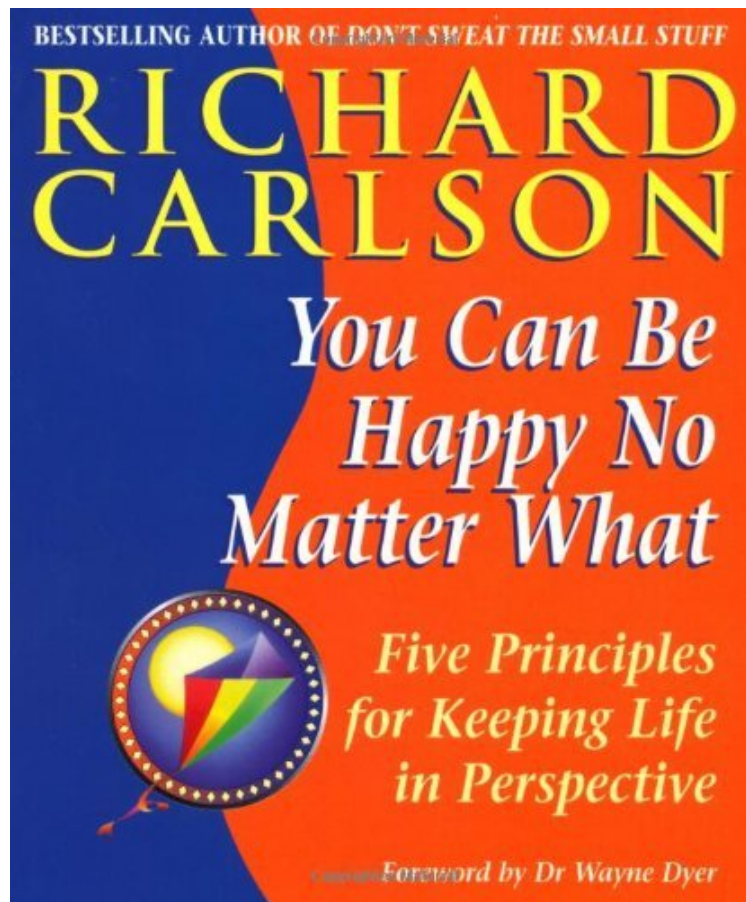


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You Can Be Happy No Matter What: Five Principles for Keeping Life in Perspective (English Edition)

Von Richard Carlson

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KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Learning Not To Think!Von Ein KundeI picked up the audio version of this book at my local library and found it to be immediately helpful. The logic of our thoughts stimulating moods and feelings and thus controlling our life perspective, and the concept of "not thinking" as being the neutral state of calm is so startlingly simple that I wonder why we are not taught this as a fundamental life tool for maintaining equilibrium of mind in the same way we are taught hygiene for keeping the body clean, and exercise for keeping it physically healthy. I am purchasing the printed version for myself and for family members.3 von 3 Kunden fanden die folgende Rezension hilfreich. Excellent

InsightVon SpiritSite.com StaffRichard Carlson's You Can Be Happy... provides an excellent "inside look" into the power of our thoughts. One of Carlson's major points is that our thoughts directly produce our feelings. Carlson points out that we often resist realizing this, and insist that it's "reality" or "the facts" that cause us to be upset. Carlson points out that there is always another, peace-producing way to perceive these same "facts." Another excellent insight from the book: the way to alleviate stress in our lives is to lower (not raise) our tolerance to it. "Our level of internal stress will always be exactly equal to our current tolerance," Carlson writes. "That is why people who can handle lots of stress always seem to do just that." In sum, an excellent, practical, and down-to-earth (if challenging) book. Highly recommended. 1 von 1 Kunden fanden die folgende Rezension hilfreich. A Refreshing Mood Change Upon Reading Von David It's amazing, after each turn of a page, you feel better and better. This book literally saved my mind! My mood is so much improved and after dealing with depression and medication for it, this is a gift from God. I especially liked the chapter on improving relationships. Just wish I had this book before my last serious love relationship which ended in a bitter break up. I can see where I went wrong and how I contributed to it's failure. But, like the book teaches, I choose not to dwell in past hurts or disappointments and instead choose to live in the present moment! I believe Dr. Carlson has a gift from God and knows just how to articulate it to be so simple and understandable. Although I've never met the author, I consider him a good friend. Thank you so much Richard.

Kurzbeschreibung Many of us believe that happiness depends on outside circumstances. Richard Carlson shows that in fact it has nothing to do with forces beyond our control - and that our natural state is actually contentment. Carlson takes us through five principles - Thought, Moods, Separate Realities, Feelings, and the Present Moment - to help us discover a new way of living that doesn't repress natural emotions. You Can Be Happy No Matter What is a simple and practical guide that gently guides readers through life's challenges and restores the joy of living. Pressestimmen 'A most important book that shows us in practical terms how to remove the blocks to the awareness of our natural state, happiness.' -- Gerlad G. Jampolsky, M.D. Author of LOVE IS LETTING Kurzbeschreibung Many of us believe that happiness depends on outside circumstances. Richard Carlson shows that in fact it has nothing to do with forces beyond our control - and that our natural state is actually contentment. Carlson takes us through five principles - Thought, Moods, Separate Realities, Feelings, and the Present Moment - to help us discover a new way of living that doesn't repress natural emotions. You Can Be Happy No Matter What is a simple and practical guide that gently guides readers through life's challenges and restores the joy of living.