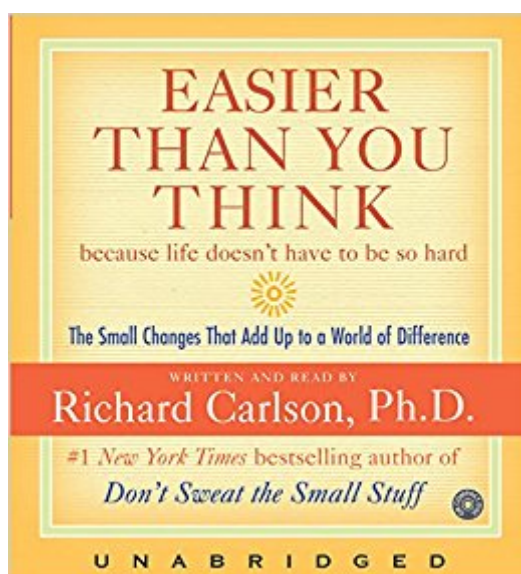


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# Easier Than You Think CD: Small Changes That Add Up To A World Of Difference In Life



## Synopsis

All of us are looking for practical ways to take control of our lives, whether in our personal 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 gets our lives back on course. With his unique brand of storytelling and advice, Carlson offers proven ways that even the smallest amount of change can add up to a fortune of difference in our lives.

## Book Information

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Average Customer Review: 4.1 out of 5 stars 34 customer reviews

Best Sellers Rank: #3,067,673 in Books (See Top 100 in Books) #8 in [Books > Books on CD > Authors, A-Z > \( C \) > Carlson, Richard](#) #2867 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#) #2878 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

Carlson, author of the bestselling *Don't Sweat the Small Stuff*, goes beyond the effort to minimize stress with 39 techniques for making positive changes in all aspects of life. Rather than embarking on lengthy or costly self-improvement projects, he suggests trying out smaller, simpler adjustments that he believes can make a real difference in everything from one's communication skills to peace of mind. Delivered in his trademark upbeat style, Carlson's advice is rooted in showing kindness and compassion to oneself as well as to others. He notes, for example, that a natural inclination to help can lead to taking on too many responsibilities. Learning to say no allows you to pursue a calmer and more meaningful existence. Although the author acknowledges that most people are beset by self-pity, he says that choosing to adopt a cheerful attitude each day will actually make you happier.

Learning not to blame others for your troubles will provide a greater sense of control over decision making and enhance self-confidence. While many of the author's ideas are common self-help tropes (much of the book reads like an updated version of glass half-full/half-empty) that are not as easy to accomplish as they sound, Carlson has the knack of making them sound as if they are.

Agent, Linda Chester. 15-city author tour.(May) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

â œThis book can be read quickly but also consulted again and again... everyone should come away with some new perspectives. (Library Journal) --This text refers to an out of print or unavailable edition of this title.

This is a pretty easy read; I went cover to cover in an afternoon. It has a lot of pages only because the font is large and the pages are rather small in size. There is not a whole lot of content and what is there is mostly common sense ideas that most mature adults are probably aware of anyway. I recommend this book for individuals in the 16-26 year age range.

I was originally given this book as a gift by my dad, a psychologist. It contains a number of principles that truly serve to make life easier and more comfortable for you and those with whom you relate. It helps you mature and have better perspective on things. This time, I bought the book for my very young ex-boyfriend. I know how his thoughts often cause him to feel tortured, and he is also learning English. True to its promise of simplicity, the book is short and simply written, so I thought it would make a great gift for an English and life learner. Of course, he was very pleased to have it.

I kept this in my top desk drawer at work and tried to read a chapter a day. I enjoyed the concise easy to apply lessons which served as valuable reminders of things once known, but maybe forgotten along the way. I just wished it was longer.

It's odd to give about the same number of stars to a little self-help book as to Anna Karenina, but for it's genre it's pretty good. It's probably 3.5 stars, but I rounded up. The book is short, and as it suggests, it gives several ideas for simple things one can do that may have pay off in out of proportional ways. Some you have heard forever, and some are new, or at least stated in a new enough way to seem fresh. An example that sparked me was the advice to observe your thoughts

as you would a movie- in a detached way that causes one to desensitize to the negative ones and see them lose power. Very little background is given (or probably required) as to cognitive reasons for how or why this works. Much of the advice seems to come under the Zen notion that "desire is suffering", and some is a restatement of karma or the golden rule, but regardless of their source, they have been hammered by the author into practical chicken soup advice. Is it worth the read? Is it worth 15 dollars? If it helps you, and it may, to make a much needed attitude shift or deal with a blind spot in your life, then clearly the answer is yes. I would say for me personally it was worth the read based on one or two chapters, but I'm sure the rest of the book didn't hurt me any.

Practical points that if followed will allow significant changes for the reader to make a better life for themselves and their families.

Inspirational ideas that seem possible to implement immediately.

Thank you

This book contains large chunks of material inspired by other successful self-help books. Obvious and simplistic advice. No new insights. My money was wasted.

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