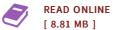




You Can Feel Good Again (Paperback)

By Richard Carlson

Penguin Books Ltd, United Kingdom, 1994. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The words don t sweat the small stuff became an important part of American culture thanks to Richard Carlson s runaway bestseller, which made publishing history as the #1 book in the United States for two consecutive years. Now, You Can Feel Good Again has one simple message: changing your thinking changes your life. Carlson offers a commonsense method that allows anyone to release unhappiness and negativity related to present circumstances or past events, and return to a natural state of well-being in the present. You Can Feel Good Again is full of humor, wisdom, and thoughtful guidance--a genuine tool to foster the realization that happiness and contentment are truly one thought away.



Reviews

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