



You Can Be Happy No Matter What: Five Principles Your Therapist Never Told You

By Richard Carlson

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In this practical, easy-to-follow guide, Carlson tells listeners how to be happy "now" before they solve all of their problems. By understanding five fundamental principles--Thought, Mood, Separate Realities, Feelings, and the Present Moment. Under Carlson's guidance, they'll learn to accept their own unique ways of thinking and use their emotions as a biofeedback mechanism to stay in touch with the causes of unhappiness.

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You Can Be Happy No Matter What: Five Principles Your Therapist Never Told You By Richard Carlson Bibliography

- Sales Rank: #5329834 in Books
- Brand: Brand: New World Library
- Published on: 1998-04
- Formats: Abridged, Audiobook
- Original language: English
- Number of items: 2
- Dimensions: .61" h x 4.21" w x 6.94" l,
- Binding: Audio Cassette



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Editorial Review

Review

A most important book that shows us in practical terms how to remove the blocks to the awareness of our natural state, happiness. Gerald G. Jampolsky, M.D. Author of LOVE IS LETTING GO

From the Back Cover

"A most important book that shows us in practical terms how to remove the blocks to the awareness of our natural state, happiness."

-- **Gerald G. Jampolsky, MD**, author of *Love Is Letting Go of Fear*

"A needed counterbalance to the therapy junkie's tendency to wallow in 'processing' while life's beauty passes them by."

-- **Yoga Journal**

"You will find Dr. Carlson's new approach very helpful -- solid, sensible, and filled with loving guidance."

-- **Dr. Wayne Dyer**, author of *Your Erroneous Zones*

"*You Can Be Happy No Matter What* will appeal to those caught in the tangles of outmoded thinking. It speaks simply to us in a way that's most fitting when we want to move out of dysfunctions into robust, effective living."

-- **Marsha Sinetar**, author of *Developing a 21st-Century Mind*

"A profoundly simple, hopeful, and human book about what's available to us all -- happiness."

-- **Joseph Bailey**, author of *The Serenity Principle*

About the Author

During his life, Richard Carlson, Ph.D., was considered one of the foremost experts in happiness and stress reduction in the United States and around the world, and was a frequent featured guest on such shows as Oprah, The Today Show, The View, NBC, CNN, Fox, PBS, and over 2000 other shows. Don't Sweat the Small Stuff continued to be a publishing phenomenon with over 20 titles in the brand franchise, two of which were co-authored and authored with his beloved wife, Kris. He died of a pulmonary embolism in December 2006, at the age of forty-five.

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