



You Can Feel Good Again: Common-Sense Strategies for Releasing Unhappiness and Changing Your Life

Richard Carlson

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Everybody knows the idiom ‘don’t sweat the small stuff.’ And thanks to Richard Carlson, lifetime expert in happiness and stress reduction, it has become part of our culture, as he has used years of experience and practice to make this phrase a reality.

In *You Can Feel Good Again*, there is one simple message: changing your thinking changes your life. With this self-help book full of practical advice, Carlson offers a common sense 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 Richard Carlson's humor, wisdom, and thoughtful guidance--a genuine tool to foster the realization that happiness and contentment are truly "one thought away."

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