

Dont Sweat The Small

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Don't Sweat the Small Stuff-- and It's All Small Stuff

Bruce and Stan's newest book encourages readers not to disregard the minor, insignificant things in life. Rather, "God Is in the Small Stuff"encourages a better understanding of God's infinite character, reminding readers that He is a personal and intimate God, involved in every detail of their lives, however minute. "God Is In the Small Stuffand it all matters" contains 40 chapters, with titles such as "Remember that God Loves You," "Discipline Yourself (No One Else Will)," and "Contentment Won't Kill You." Each chapter includes an introductory commentary in the tongue-in-cheek Bruce & Stan style, followed by bits of pithy and sometimes humorous wisdom.

Excuses Begone!

Don't worry about the things you can't control. Using this journal, focus on the things within your power and do your best to tackle those tasks.

Stillness Is the Key

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn the simple ways to keep little things from taking over

your entire life. In today's modern world, we find ourselves running around stressing about seemingly unimportant things. When was the last time you were angered by a comment someone made? A long line you had to stand in? A traffic jam? A Facebook post? Despite our busy lives, we continue to sweat the small stuff and add unnecessary stress. This stress becomes a vicious cycle as we find ourselves angry and resentful when things don't go our way or when people don't think like us. We become too focused on the imperfections of ourselves and others that we forget to focus on the important aspects of life. So if you're looking to slow down in this fast-paced world and disengage from stress and anger, then Don't Sweat the Small Stuff will teach you how to find inner peace and enjoy life despite our endless problems and stresses. As you read, you'll learn why perfection is dangerous, why being right doesn't always mean being happy, and why yoga is important for your mental and physical wellbeing.

Don't Sweat the Small Stuff Workbook

This little book is a winning combination of original art and hand-lettered words created to celebrate accomplishments and inspire courage. "Courage does not always roar. . ." is the all-time best-selling Mary Anne Radmacher art poster. And now she's created a book that celebrates and promotes courage in our everyday lives. "Courage does not always roar" is Radmacher's bestselling aphorism, and is in the Oxford Book of Quotations. For the first time Radmacher combines her signature artwork with her unique aphoristic talents in a small and appealing, full-color gift format. Courage Does Not Always Roar is an inspiring any-occasion gift book -- great for graduation, Father's Day, the perfect present for someone starting a new job or going through a hard time.

Don't Sweat the Small Stuff

"The best book yet about The Doors." --Booklist Now available as an ebook for the first time the inside story of the Doors, by cofounder and keyboard player Ray Manzarek. Includes 16 pages of photos. "A refreshingly candid read a Doors bio worth opening." --Entertainment Weekly No other band has ever sounded quite like the Doors, and no other frontman has ever transfixed an audience quite the way Jim Morrison did. Ray Manzarek, the band's co-founder and keyboard player, was there from the very start--and until the sad dissolution--of the Doors. In this heartfelt and colorfully detailed memoir, complete with 16 pages of photographs, he brings us an insider's view of the brief, brilliant history from the beginning to the end. "An engaging read." --Washington Post Book World

The Don't Sweat Affirmations

The best of the best from the publishing phenomenon Don't Sweat the Small Stuff--in time for the series' tenth anniversary!

When Richard Carlson wrote Don't Sweat the Small Stuff in January 1997, he had no way of knowing it would be the beginning of an unrivaled publishing success story. The book was the #1 New York Times bestseller for two full years, an unprecedented feat, and to date has more than nine million copies in print. A series of Don't Sweat books followed, each garnering impressive sales in their own right. Now, in time for the tenth anniversary of that first publication, Carlson has created The Big Book of Small Stuff, a best-of collection drawn from the series. It features pieces beloved by Carlson and his millions of fans, classic tales of inspiration and success like: Make Peace with Imperfection, Allow Yourself to Be Bored, Praise and Blame Are All the Same, See the Innocence, and more.

What About the Big Stuff?

Abel James eats like a king, never goes to the gym, and is in the best shape of his life. His plan is simple: eat plenty of whole and naturally edible foods, and be sceptical of manipulated, processed food products. In The Wild Diet, he brings readers a Paleo-inspired 40 day weight loss program, showing how the answer to vibrant health doesn't live in a calorie-restricted diet, a magical fat-blasting pill or a miserable exercise program. The secret is sticking to our roots and knowing where our food comes from.

Don't Sweat the Small Stuff for Teens

With more than 21 million copies in print, Richard Carlson's bestselling Don't Sweat series has shown countless families, lovers, and workers how not to sweat the small stuff. Now, in his soothing and wise trademark tone, Carlson takes a different approach and discusses life's bigger issues, including dealing with the death of a loved one; how divorce affects your family and friends; confronting illness, whether in yourself or others; and managing difficult financial situations. In chapters such as 'Bouncing Back from Divorce,' 'Finding Life After Death,' and 'Feel Free to Grieve,' Carlson offers healing insight and heartfelt advice on how to find inner peace and strength to deal with the big stuff. Don't Sweat the Big Stuff, but instead: Learn from the Big Stuff Grieve Freely Ask Yourself the Question, 'Will This Matter a Year from Now?' Reflect on What You're Going to Want to Say--Before You Need to Say It Prepare and Let Go

Don't Sweat the Small Stuff

Revolutionary in its simplicity and accessible to all, this bestselling book offers commonsense methods that allow you to let go of depression and tap into natural joy.

Good Guys

In this illuminating guide in his #1 bestselling series, Richard Carlson reveals the crucial tools with which men can relieve stress and take back control of their lives. He offers strategies for gaining more peace and joy, as well as techniques for channeling one's efforts to reap the greatest rewards, including: Find time to blow off steam Have conflict without it having you See things from a distance Invest in yourself

Courage Doesn't Always Roar

Toss Out Those Tired Old Excuses Once and for All! Within the pages of this transformational book, Dr. Wayne W. Dyer reveals how to change the self-defeating thinking patterns that have prevented you from living at the highest levels of success, happiness, and health. Even though you may know what to think, actually changing those thinking habits that have been with you since childhood might be somewhat challenging. If I changed, it would create family dramas I'm too old or too young I'm far too busy and tired I can't afford the things I truly want It would be very difficult for me to do anything differently and I've always been this way may all seem to be true, but they're in fact just excuses. So the business of modifying habituated thinking patterns really comes down to tossing out the same tired old excuses and examining your beliefs in a new and truthful light. In this groundbreaking work, Wayne presents a compendium of conscious and subconscious crutches employed by virtually everyone, along with ways to cast them aside once and for all. You'll learn to apply specific questions to any excuse, and then proceed through the steps of a new paradigm. The old, habituated ways of thinking will melt away as you experience the absurdity of hanging on to them. You'll ultimately realize that there are no excuses worth defending, ever, even if they've always been part of your life-and the joy of releasing them will resonate throughout your very being. When you eliminate the need to explain your shortcomings or failures, you'll awaken to the life of your dreams. Excuses Begone!

Don't Sweat the Small Stuff at Work

Collects 100 short and lively essays that address such issues as balancing family and work demands, debating with spouses and partners, dealing with children and friendships, and finding time for reflection and self-care. Original. 1,000,000 first printing.

A Don't Sweat the Small Stuff Treasury

For the light seekers and the love givers. This one is for you. For anyone who has ever loved and lost. This one is for you. For the sensitive souls, the magic makers, the time takers. This one is for you. May this book brighten your shadows, illuminate your path and walk you home to yourself. Sjana Elise Earp inspires thousands of people around the world with her

infectiously joyful approach to life. But happiness hasn't always come easily. During her recovery from her experiences of anxiety and depression, writing has been Sjana's tool to reflect, find gratitude and grow through her emotions. Now, she's ready to share her vulnerability in her first published collection of poems and photography, and help lift up her sisters too. Dip in during moments when inspiration or comfort is needed, or take a cover-to-cover journey through Sjana's tender words and beautiful images of nature's wonders. Either way, you'll feel grounded, calmer and more connected to the unique power within you. And you, too, will rise.

Dont Sweat the Small Stuff

For women everywhere: encouraging and soothing advice on reducing stress and increasing enjoyment, from the co-author of the New York Times bestseller *Don't Sweat the Small Stuff in Love*. With more than 12 million copies sold and still going strong, the *Don't Sweat the Small Stuff* series has helped countless readers rethink the way they address life's big and small problems. Now in a book written specifically for women, Kristine Carlson offers the same calming and encouraging advice in 100 short and spirited essays. *Don't Sweat the Small Stuff for Women* addresses such important and timely issues as balancing family and work demands, debating effectively with spouses and partners, dealing with children and friendships, finding time for reflection and self-care, and much more. With clever and memorable titles as 'Don't Be a Backseat Driver (Unless It Could Save Your Life)', 'Know Your Hot Spots', 'Make Peace with the Mundane', and 'Stop Comparing Yourself to the Media Measuring Stick', Kristine Carlson helps readers focus on what's really important, keep in touch with their feelings, live with spirit, and - when all else fails - learn to laugh. A true life-saver, this potent book is full of sage advice and comforting thoughts, from one busy woman to another.

Don't Sweat the Small Stuff in Love

Do cell phones cause brain cancer? Does BPA threaten our health? How safe are certain dietary supplements, especially those containing exotic herbs or small amounts of toxic substances? Is the HPV vaccine safe? We depend on science and medicine as never before, yet there is widespread misinformation and confusion, amplified by the media, regarding what influences our health. In *Getting Risk Right*, Geoffrey C. Kabat shows how science works—and sometimes doesn't—and what separates these two very different outcomes. Kabat seeks to help us distinguish between claims that are supported by solid science and those that are the result of poorly designed or misinterpreted studies. By exploring different examples, he explains why certain risks are worth worrying about, while others are not. He emphasizes the variable quality of research in contested areas of health risks, as well as the professional, political, and methodological factors that can distort the research process. Drawing on recent systematic critiques of biomedical research and on insights from behavioral psychology, *Getting Risk Right* examines factors both internal and external to the science that can influence what results

get attention and how questionable results can be used to support a particular narrative concerning an alleged public health threat. In this book, Kabat provides a much-needed antidote to what has been called "an epidemic of false claims."

You Will Rise

This uplifting treasury reveals simple, insightful ways to calm down and put things in perspective in the midst of today's stress-filled world.

The Wild Diet

100 affirmations that reinforce the don't sweat philosophy of life: that not letting the little things get to you is a great way to reduce stress overall. These peaceful, beautifully written affirmations are simple statements that hold a big impact. Readers who repeat only several affirmations a day will find their lives becoming more calm and less frantic immediately.

Don't Sweat the Small Stuff with Your Family

Offers a formula for building a growing and positive relationship and shows how to avoid common relationship pitfalls.

God Is in the Small Stuff

Richard Carlson's bestselling Don't Sweat the Small Stuff contains plenty of sensible advice, but it's not always easy to follow. Enter this intriguing workbook with its universal appeal: it's aimed at anyone interested in reducing stress and improving their relationships. Designed to help you put the many peace-promoting "just let it go" principles of Don't Sweat the Small Stuff into active practice, it's bursting with fun quizzes, checklists, self-tests, questions, and activities. If this doesn't instruct and inspire you to make concrete personality and life improvements, there's nothing much that will!

Don't Sweat the Small Stuff and It's All Small Stuff

The unlikely heroes of Vox Machina are back in action! Join familiar faces from Critical Role's smash-hit first campaign as their escapades in Stilben lead them toward new adventure--and a dire threat to Grog when he goes missing in the night. Tracking him down will see the party lose one member, gain another, and reveal parts of Grog's secret past. But first, his friends have to actually find him. From award-nominated writer Jody Houser (Orphan Black, Stranger Things) and first series author Olivia Samson, with colorist Michele Assarasakorn (Isola, Gotham Academy) and letterer Ariana Maher (James Bond,

Xena)! Collects Critical Role - Vox Machina Origins series II #1-#6.

Don't Sweat the Small Stuff for Women

Liberate Yourself From Stress And Overwhelm! If you're like most women, you've discovered that the tasks and pressures never end in our culture, a culture built for burnout. But there's a way to stop stressing and start thriving — to wake up to the underlying systems and unsustainable ways of working and living that sap your strength, drain you dry, and fragment your focus. Feminine wisdom leader Christine Arylo is on your side, as she shines a light on the external forces and internal imprints that push you into overwhelm and self-sacrifice. She then shows you how to access your power to achieve what matters most, including receiving what you need and desire. You'll learn to release the old approach to working, succeeding, and managing a full life, and embrace a new way that gives you clarity and courage to make choices in your day-to-day and overall life design that support and sustain you.

Critical Role: Vox Machina Origins Volume II

What's missing from gender equality efforts? Men. Women are at a disadvantage in the workplace, where they deal with unequal pay, sexual harassment, lack of credit for their contributions, and more. And while organizations are looking to address these issues, too many gender-inclusion initiatives focus exclusively on how women should respond, leaving men out of the equation. Such efforts reinforce the perception that these are "women's issues" and that men--often the most powerful stakeholders in an organization--don't need to be involved. As gender-in-the-workplace experts David G. Smith and W. Brad Johnson show in this important book, men have a crucial opportunity to promote gender equality at work. Research shows that when men are deliberately engaged in gender-inclusion programs, 96 percent of women in those organizations perceive real progress in gender equality, compared with only 30 percent of women in organizations without strong male engagement. Good Guys is the first book to provide a practical, research-based guide for how to be a male ally to women in the workplace. Filled with firsthand accounts from both men and women, as well as tips for getting started, the book shows how men can partner with their female colleagues to advance women's leadership and equality by breaking ingrained gender stereotypes, overcoming unconscious biases, developing and supporting the talented women around them, and creating productive and respectful working relationships with women--especially in a post-#MeToo world.

The Art and Science of Mindfulness

In this candid guide to adolescence in his #1 bestselling series, Richard Carlson examines the contradictions and challenges unique to teenage life and offers high schoolers (and their parents) tools for learning not to stress about homework, peer

pressure, dating, and more. Along the way, he addresses such issues as: Breaking up Getting out of the emergency lane Being OK with your bad hair day Dropping the drama

Good Morning, I Love You

So many of us would like to live our lives in a calmer and less stressful way, and be able to let go of our problems. This is the book that can show you how to stop letting the little things in life drive you crazy. Dr Richard Carlson teaches us, in his gentle and encouraging style, simple strategies for living a more fulfilled and peaceful life. We can all learn to put things in perspective, and by making the small daily changes he suggests, including surrendering to the fact that sometimes life isn't fair, and asking yourself, 'Will this matter a year from now?', Dr Richard can help everyone to see the bigger picture. Repackaged to inspire and guide a new generation, this is a Mind, Body and Spirit classic.

Slowing Down to the Speed of Life

Who knew that a self-help book about releasing negative thoughts in order to achieve happiness could prove its worth by testing its author after it was published? When Michael R. Mantell, PhD, released his book Don't Sweat the Small Stuff: P. S. It's ALL Small Stuff in 1988, it rocked the self-help world, and the audio version won the highly coveted Publishers Weekly Best Audio Award in the self-help category. So when, a few years later, Dr. Mantell saw a book with the same title prominently displayed at a bookstore, he was happily surprised—but then, he saw a different author's name on the newly designed cover. What did Dr. Mantell do? He took his own advice and chose to view this positively, celebrating the fact that more people were being reached with the advice he knew changed lives. Now celebrating its twenty-fifth anniversary, the original Don't Sweat the Small Stuff offers up-to-date tools that can enhance your life today. You have the power to choose how you feel, how you react, and how you deal with your circumstances. Replace your negative and fearful thoughts with positive and hopeful thinking—and start the journey toward the happy life you've always wanted.

From Heartbreak to Wholeness

This collection of 100 essays contains strategies for achieving financial success by giving up stress, worry, anger and fear. Carlson takes the reader through the steps needed to create a more relaxed attitude to money and the ways that this can result in successful money-making ventures.

Don't Sweat the Small Stuff for Men

Offers strategies for enhancing one's home and family life, becoming a better parent, decreasing stress, and achieving greater peace with and appreciation of one's family

Don't Get Scrooged

A guidebook for discovering how heartbreak can become the doorway to profound meaning and joy from the bestselling co-creator of the Don't Sweat the Small Stuff Series In 2006, after building the bestselling franchise Don't Sweat the Small Stuff with her husband Richard, Kristine Carlson faced a shattering loss—the sudden death of her beloved spouse. Woven together with the remarkable stories of others' loss and recovery, her deeply moving story reveals a clear process of healing that is common to everyone and goes far beyond ordinary prescriptions for getting through hard times. In her new book, *From Heartbreak to Wholeness*, Kristine offers a life-altering map for navigating the heroic journey from loss to joy—one that ultimately awakens readers to a deep love affair with life. Every day, people suffer heartbreaks of some kind—loss of a loved one, divorce, illness, loss of a job or home—and seek to understand why these losses and traumas have befallen them and how they'll make it through in one piece. For readers who have endured loss of any kind, Kristine takes them by the hand, showing them how to traverse their own jagged edge of growth and emerge as the hero whole, happy, and empowered. Each chapter of *From Heartbreak to Wholeness* includes powerful exercises in self-inquiry and reflection, along with step-by-step guidance for writing one's own heroic story of healing. Journey with Kristine Carlson and learn how you can walk the path from heartbreak to wholeness.

Getting Risk Right

If you had one hour to live and could make just one phone call, who would you call? What would you say? Why are you waiting? Richard Carlson's sudden, tragic death in December 2006 left his millions of fans reeling, but even their many letters, calls, and emails couldn't erase the loss felt by his wife Kristine. To try and come to terms with her loss, she pored over 25 years of love letters, reliving the memories and cherishing her late husband's memory. But one letter stood out. Richard had written to his wife on their 18th wedding anniversary and attempted to answer the question: if you had one hour to live, what would you do, who would you call, and what would you say? *AN HOUR TO LOVE* is a profoundly moving book that shows the importance of treasuring each day as the incredible gift it is.

Don't Sweat the Small Stuff by Richard Carlson (Summary)

Inside find helpful advice, such as: Take a Vacation, Not a Guilt-Trip Don't Get "Should Upon" Hades or Homecoming? Opt In- or Out-of Family Events Quit Being Your Mother Ban Worry from Your Holidays It's Not Daytona—You're Not Jeff Gordon

Don't Try to Cook Tailgating Turkeys Don't Get Scrooged is a jewel of a handbook on how to avoid, appease, and even win over the Scrooges who haunt your holidays. Whether it's the salesclerk who ignores you in favor of her cell phone, the customer who knowingly jumps ahead of you in line at Starbucks, the unnaturally irritable boss down the hall, or the in-laws who invite themselves (every year) for a two-week stay at your house, you will always need to deal with Scrooges, grumps, uninvited guests, sticks-in-the-mud, and supreme party poopers. Learning to handle them whenever and wherever they appear is not just optional—it's essential.

Light My Fire

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. From the Trade Paperback edition.

Overwhelmed and Over It

Now available in paperback! The New York Times bestselling authors show readers how to feel like newlyweds every day. He's helped 12 million people reduce the stress at home and at work. Now the #1 New York Times bestselling author of *Don't Sweat the Small Stuff*, Richard Carlson with Kristine, his wife of 14 years bring us a simple, stress-free approach to love. While depression, heartache, and anger are associated with love relationships, stress is rarely identified as a problem. Yet we all have concerns about our most important relationships. In one hundred brief, beautifully written essays, the authors show readers how not to overreact to a loved one's criticism, how to appreciate your spouse in new ways, how to get past old angers, and many other ways to improve and increase the joy and pleasure that can and should be part of any relationship.

Don't Sweat the Small Stuff in Love

Holiday, author of *The Obstacle Is the Way* and *Ego Is the Enemy* draws on timeless Stoic and Buddhist philosophy to show why slowing down is the secret weapon for those charging ahead.

Don't Sweat The Small Stuff: Women

This indispensable guide to family in the #1 bestselling series reveals how to avoid letting the minor setbacks in your home life get you down. With his characteristic candor and piercing insight, author Richard Carlson demonstrates how to resolve such common domestic tensions as: Children who are whining or fighting Issues with your spouse Hassles over household chores Difficult teenagers

Don't Worry, Make Money

In this classic roadmap to managing your high-tension job, Richard Carlson shows how to stop worrying about the aspects of your work beyond your control and interact more fruitfully and joyfully with colleagues, clients, and bosses. His key insights reveal how to: How to manage rush deadlines with rushing How to transform your outlook and prepare for the day ahead How to enjoy corporate travel How to have a really bad day . . . and get over it

The Big Book of Small Stuff

Discover the Transformative Effects of Being Kind to Yourself “This brilliant book offers us both the science and practice of how self-kindness is the secret sauce of fulfillment, transformation, and joy.” —Lorin Roche, meditation teacher and author of *The Radiance Sutras* Many of us yearn to feel a greater sense of inner calm, ease, joy, and purpose. We have tried meditation and found it too difficult. We judge ourselves for being no good at emptying our minds (as if one ever could) or compare ourselves with yogis who seem to have it all together. We live in a steady state of “not good enough.” It does not have to be this way. In *Good Morning, I Love You*, Dr. Shauna Shapiro brings alive the brain science behind why we feel the way we do—about ourselves, each other, and the world—and explains why we get stuck in thinking that doesn’t serve us. It turns out that we are hardwired to be self-critical and negative! And this negativity is constantly undermining our experience of life. “It is never too late to rewire your brain for positivity—for calm, clarity, and joy,” writes Dr. Shapiro. “I know this is possible because I experienced it. Best of all, you can begin wherever you are.” In short, lively chapters laced with science, wisdom, and story, Shapiro, one of the leading scientists studying the effects of mindfulness on the brain, shows us that acting with kindness and compassion toward ourselves is the key. With her roadmap to guide you, including her signature “Good Morning, I Love You” practice, in which you deliberately greet yourself each day with these simple words, you can change your brain’s circuitry and steady yourself in feelings of deep calm, clarity, and joy. For good.

Don't Sweat the Small Stuff with Your Family

In this new edition, authors Shapiro and Carlson draw from Eastern wisdom and practices as well as Western psychological theory and science to explore why mindful awareness is integral to the therapeutic healing process and to show clinicians how to connect with this deeper awareness.

An Hour to Live, an Hour to Love

Don't Sweat the Small Stuff and It's All Small Stuff is a book that tells you how to keep from letting the little things in life drive you crazy. In thoughtful and insightful language, author Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. You can learn to put things into perspective by making the small daily changes Dr. Carlson suggests, including advice such as "Choose your battles wisely"; "Remind yourself that when you die, your 'in' box won't be empty"; and "Make peace with imperfection". With Don't Sweat the Small Stuff you'll also learn how to: Live in the present moment Let others have the glory at times Lower your tolerance to stress Trust your intuitions Live each day as if it might be your last With gentle, supportive suggestions, Dr. Carlson reveals ways to make your actions more peaceful and caring, with the added benefit of making your life more calm and stress-free.

Stop Thinking, Start Living: Discover Lifelong Happiness

"Age-old wisdom presented in a practical, easy to understand manner that can be utilized by everyone." —Bernie Siegel, M.D., author of Love, Medicine & Miracles Newly revised and updated to address the increased stress of our modern times, Slowing Down to the Speed of Life by bestselling author Richard Carlson (Don't Sweat the Small Stuff...and It's All Small Stuff and Don't Get Scrooged) and Joseph Bailey is the classic guide to creating a more peaceful, simpler life from the inside out. With practical and easy exercises to help you slow down your mind and focus on the present moment, Slowing Down to the Speed of Life, in the words of Dan Millman, bestselling author of Way of the Peaceful Warrior, is "a life-enhancing book with insightful principles for peaceful and productive living at work and at home."

You Can Feel Good Again

A book that shows you how to prevent the little things in life driving you crazy. In thoughtful and insightful language, author Richard Carlson reveals ways to calm down in the midst of your hurried, stress-filled life. Learn how to put things in perspective by making the small daily changes he suggests, including advice such as "Think of your problems as potential teachers"; and "remember that when you die, your 'in' box won't be empty". You should also try to live in the present moment, let others have the glory at times, and lower your tolerance to stress. You can write down your most stubborn positions and see if you can soften them, learn to trust your intuitions, and live each day as if it might be your last.

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