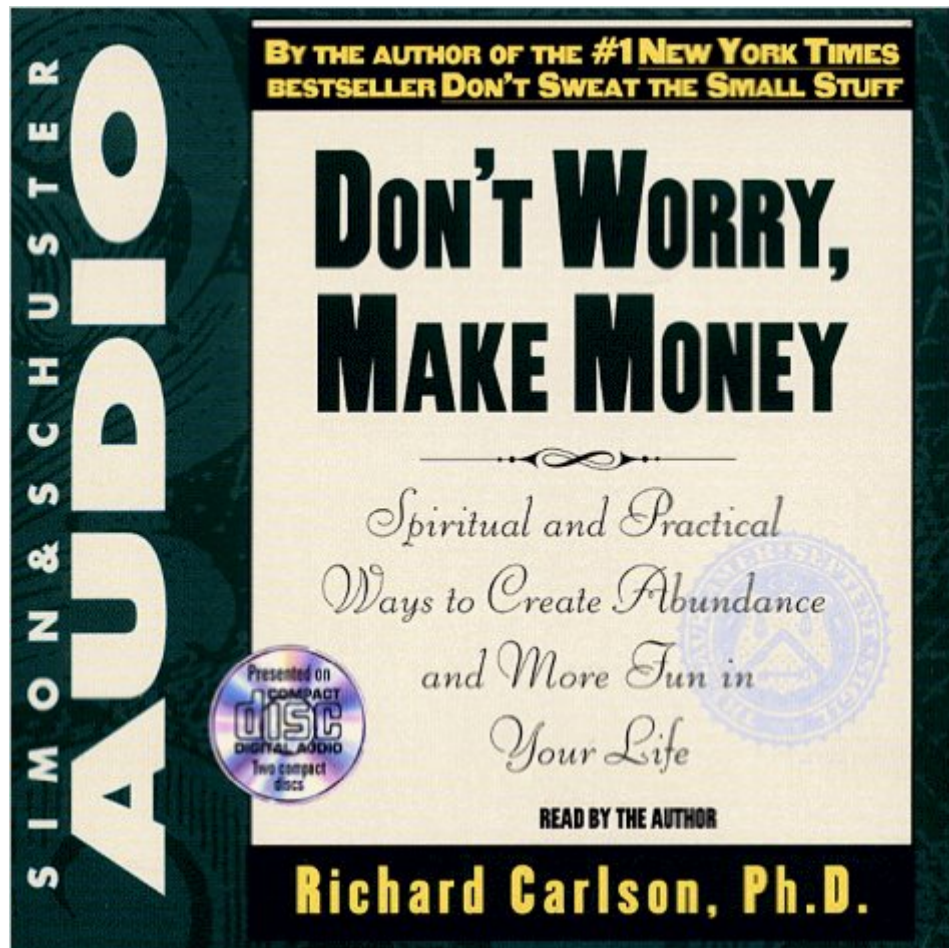


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# Don't Worry, Make Money



## Synopsis

In *Don't Sweat the Small Stuff*, Richard Carlson revealed new ways to calm down and enjoy more peace in our lives. Now, in *Don't Worry, Make Money*, Richard Carlson provides more new strategies for living more fully and worrying less as a means of attracting more wealth and abundance in our lives. Often we get into the trap of thinking that the only way to earn a good living is to stay late at the office, feeling stressed out and full of anxiety. However, this can actually get in the way of having a productive and rewarding career, and can drastically decrease our earnings. "Accept the fact that you can make excuses, or you can make money, but you can't do both," Carlson tells us. Combining his unique philosophy with specific financial strategies, *Don't Worry, Make Money* also tells us how to:

- \* Use the power of reflection
- \* Sock away two years' worth of living expenses
- \* Learn about the relationship between moods and money
- \* Develop relationships with people before you need something from them

Full of interesting and unique ideas for the overworked businessperson, *Don't Worry, Make Money* tells listeners how to live a life that's more wealthy, productive, and carefree by refusing to let worry get you down.

## Book Information

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## Customer Reviews

Presented are 100 different ideas for living a more abundant life with less worry, which in turn will help you make more money. Sample chapters: Become Less Reactive and More Responsive; Surround Yourself with Experts; Ask for What You Want; Work on "Knowing" instead of "Believing;" Let Go of Fearful Thoughts; Lighten Up. An inspiring little book you can read on the run (chapters are short). It's based on the simple premise that people have an innate capacity for happiness and

when happy, we are much more competent, productive, and creative. It's a kind of roadmap of the various, often unconscious, distractions that create internal anger, depression and especially worry. When aware of these negative distractions, we are able to deal with each one more effectively and our lives are greatly improved. Carlson, a practicing psychologist and stress consultant, makes a powerful point that we have two psychological modes most of the time: Reactive and responsive. The reactive mindset impairs our judgement and decision -making; we are overly critical and negative. The responsive state of mind is relaxed; we see the big picture; we are flexible, calm and at our best. Your level of success is a direct relationship with the amount of time you spend in the responsive state of mind. A good, fast read that will pick you up and maybe change you for the better.

Reading Dr. Richard Carlson's book "Don't Worry, Make Money", is a wise way to spend an afternoon. This book provides a lot of practical information, all in one readily accessible source. It is quite enjoyable reading material, offering a simple, yet effective, and easy to digest format. The book offers 100 specific tips, thoughts and reflections on how to make your life less stressful, how to keep things in the proper perspective, maximize your daily productivity, and make sure that you're receiving the well deserved pay that you're entitled to. A must buy for anyone continuing their own personal spiritual journey.

Stupid title; smart book. I agree with all of the previous reviewers. It is superficial, unoriginal, banal, and trite. Sometimes it goes on like the Middle-aged-man character on SNL or like Polonius in Hamlet. It is, on the other hand, useful. If a chapter is particularly useless or irritatingly banal, read on. In a few minutes, you're sure to find a pearl or two in this oyster. Do not read this book if you are looking for a way to make a quick killing in the stock market, or real-estate, or whatever. This book will be way too superficial. Instead it deals with self-imposed road blocks to successful endeavors and relationships. It deals how to develop the kind of supportive relationships that build confidence, teach valuable skills, offer reality checks, and so on. There is nothing new in the book, nor is anything dealt with in depth, but the average reader will find something to which he has not paid enough attention. It's well worth the asking price and the time spent reading it -- many times over, if you can put some of the advice into action. Just one idea that strikes a nerve can change one's life. It's helped me.

"Don't Worry, Make Money" by Richard Carlson really does provide insights into spiritual and

practical ways to create more fun and abundance. It's a handy-sized book with short chapters (1-3 pages) that are clear and crisp. I got the feeling that the author cares about people and is really excited about sharing the things that have made his life fuller. My favorite chapter was #15: "Remind Yourself that Your Life Begins Now." Carlson reminds the reader that the past holds no power over our present UNLESS we give it power. "Operate as if all the power in your life begins and ends in this moment." I have found that living in the present really does provide me with an inexplicable level of satisfaction and well-being which go hand in hand with abundance. The idea is daunting to the mind, but if you're really curious about living fully after reading this book, then grab a copy of "Working on Yourself Doesn't Work, a Book About Instantaneous Transformation," by Ariel and Shya Kane. This book is about having a magnificent life and nothing less. The three principles of transformation the Kanes talk about touched me so profoundly that I HAVE discovered my own magnificence. No kidding! Just by being in the moment, life becomes magical.

In the introduction he describes how giving is a pleasure. Jesus told us it is more blessed to give than to receive. On page 9 Carlson writes "Money is 'circulation.' It needs to flow." He doesn't limit giving to one arena either. He expands by adding, "If you want more love, or fun, or respect, or success, or anything else, the way to get it is simple: give it away" (p. 9). Being detached enhances objectivity and increases freedom. When a person is passionate about a process, it becomes a joy. Carlson reminds us that successful people find ways of overcoming challenges and are not limited by excuses. A few pages later he restates the point in an even stronger manner by writing "A life without worry is a life of abundance, a life well lived. That which we focus our attention on expands" (p. 59). Consequently, he admonishes us to think the proper thoughts to acquire the desired results. Carlson makes a point I've heard other writers make, i.e., we all have the need to be needed. "Those who are willing to help others are always paid back in one way or another" he tells us on page 70. He includes wise advice on thankfulness and making correct assumptions. This is a positive, encouraging, practical book.

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