

Health: Emotional

[The Don't Sweat Guide For Parents: Reduce Stress and Enjoy Your Kids More:](#) Dr.

Richard Carlson

ISBN: 0-7868-8718-4 9 (1)

The Don't Sweat Guide for Parents provides suggestions for enjoying your children more while being less stressed and more present with them in every moment of their lives. This book will help you to be a better, calmer, happier mom or dad.

[Life's too Short to Fold Your Underwear:](#) Patricia Lorenz

ISBN: 824947193

Patricia Lorenz shares her secret for turning negatives into positives and provides real-life examples about becoming happier and more fulfilled. This book is sure to grab each reader's funny bone and shake her out of the rut of wrong priorities, self-pity and perfectionism! Combining common sense with good humour and a generous heart, Patricia Lorenz will inspire readers to a life that bubbles with creative solutions and contagious joy.