



ONE **STUPID** MISTAKE



SMART DECISION-MAKING IN A CRAZY WORLD



C H A R L I E S E R A P H I N

Charlie Seraphin

One Stupid Mistake: Smart Decision-Making in a Crazy World



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Have you made poor decisions? Are you producing more errors? One Stupid Mistake: Smart Decision-Making in a Crazy Globe offers a straightforward framework for identifying the thoughts, words and actions that cause you to make poor decisions. Steal something? Stupid errors can ruin your life. Understanding your mistakes and the reasons you make them will help you chart a better program as you navigate our crazy globe. Nearly all awful decisions are preventable. Do you lie? Harm someone's feelings? Can you even calculate how many stupid errors you've made in the history twelve months? In down-to-earth, easy-to-read language, the writer tells short stories, offers concise solutions and meditations aimed at growing happier and much healthier you.



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A look at all sorts of mistakes. . . I ordered this book as the name piqued my curiosity. So was the 144 pages of "The Richest Man in Babylon" by George Clanson (1926) . AMAZING! I hoped this reserve wouldn't end up being about just one single really bad lifestyle choice and how to rebound. You know this, nevertheless, you too often neglect to do it. It's a series of reflections on all kinds of mistakes, the ones that are major existence changers and the ones that merely cause a bit of soreness or embarrassment. Everyone who would like to do their best each day – and is ready to invest a while in understanding how to make that happen – can gain something from reading this publication. Each chapter's lesson is full of memorable anecdotes, a meditation, and a thought for your day. Finding this publication was a happy shock. I usually pass good books along to friends, but I am keeping my duplicate. Exercises in hearing and self reflection are created to help us think before acting and producing that stupid mistake. It really is written in an exceedingly doable format. I would suggest One Big Mistake for visitors in every stages of life. I did not really realize it but I was building walls around myself to control the frustration. And this is a great thing. Just how many people do we realize who continuously produce terrible decisions driven simply by the same behavior?. Charlie Seraphin has delivered an amazing and discursive tone on the critical subject of decision-making. Makes sense of a crazy globe. This book was readable and served as a reminder that we've all made that one stupid mistake. Charlie reminds us that everything in our life is entirely our responsibility. Such a very simple book. One, five or 10 stupid mistakes emanate from anxiety when we will probably make waste out of haste. Therefore was the 118 webpages of "The Seven Spiritual Laws and regulations of Pleasure" by Deepak (1994). One Stupid Mistake? The stories he shares will make you LAUGH aloud, cause you to WONDER and will make you CRY! It is the perfect gift, not merely to yourself, but also for your friends and relations. Perfect birthday present but don't give it to a narcissist, they don't make stupid errors. It isn't! This book provides practical lessons on making decisions that most of us know or ought to know, but we take the easy way out, try to gain something just because a little dishonesty won't hurt, or neglect to consider the results for other people. Mr.! Reminding us of just how great life really if we stop and just listen! It'll especially appeal to readers who find meditation or yoga exercises a balancing force in their lives. Above all, the author implores readers to have the courage to slow down to gain an improved insight of what their life is about. I've provided Mr. Seraphin 4 stars instead of 5 to motivate him to keep expanding on personal awareness themes in future writings. This book will change your life for the better! It did mine! WOW! I'm a senior citizen, and I've produced a bunch! I wasn't sure what things to expect when I began reading, One Stupid Mistake by Charlie Seraphin, but QUICKLY found out that I could relate to something atlanta divorce attorneys CHAPTER! Charlie is good at causing you to think and think about your own existence. He gets you thinking not merely about your past mistakes and near misses but how to imagine and make a better future without costly errors and consequences. So very much good sense packaged in a concise 128 page browse. Charlie provides some useful tools by the end of each chapter which includes mindfulness exercises to practice and reflect upon. PS I can't discover any other books you have written provided on Amazon. I simply wish I would have had these tools years ago. Better late than under no circumstances, I've some work to accomplish and looking forward to it – THANK YOU CHARLIE! Seraphin provides the lessons through a multitude of stories, some of celebrities, and some of his very own experiences. Each chapter includes a story, an exercise, and a cogent truth to keep in mind. I received this reserve in a particularly difficult day time. I am facing some hard surgery and trying to manage my time from the office as well as a task that I am coordinating. Practice mindfulness before each decision. Compelling Go through! The meditation like exercises wonderfully useful in easy to engage . Thanks a lot Mr. Seraphin for writing your book ! I RECOMMEND this

book for just about any age group! Is this your initial book, if therefore let's go for number two ! We don't do audiobooks but others have said it is very good, too. All of us have made a lot more than 1 stupid mistake, and with each one we gain a bit more knowledge. But, I wish I would have read this book when I was young as it could have helped me understand the near future consequences of my activities. Chapter 14, "Don't HESITATE to Try" really spoke if you ask me and made me think about the opportunities that were presented if you ask me in existence that I possibly didn't fully appreciate or recognize at the time. Choose your life An excellent book with exceptional thoughts designed to slow me straight down , breathe and realize We don't need to go thru life stuck in negative traits and reactions. I've a choice because of Charlie! We wasn't sure what to expect, but We enjoyed this publication and appreciated the writer's simple and helpful message. Much of what he says might seem to be common sense, but unfortunately good sense doesn't seem to be very common anymore. They are basic principles about living intentionally, slowing down to listen to the globe (and the people) around you, and thinking about (and changing) things that keep you back. The brief stories and segments make it readable a few pages here and there, and the daily exercises certainly are a roadmap for how exactly to put the principles into practice. It includes twenty short chapters in dealing with or avoiding mistakes. Stupid Mistakes Great insights and tips from real life experiences. It assists you understand critical actions to a solid decision making procedure! Charlie does an excellent work of helping people recognize stupid mistakes, even eliminate them before they happen. Very easy read! Nice EZ Read Straight-forwards EZ read. We aren't spared the costs, embarrassments or time it took to recuperate from our rashly made decisions. Read everything simultaneously -- or one chapter-a-day. Nice little practice tips by the end of each chapter. We aren't alone, just about everyone has made at least 1 stupid mistake! Reading this publication in practicing the exercises help me gain hey since the peace and reestablish my equilibrium in what's truly a great lifestyle . Charlie Seraphin in his newly published book 1 Stupid Mistake shares the importance to practice mindfully, so we reduce the odds of building terrible decisions. He provides a group of real-life exercises to supply the reader with a far more effective game plan on smart decision-making. Don't miss this one! - Leigh Steinberg Slow Down & This is a great read! Good advice on how to make better choices. Avoid making stupid mistakes.. Are we looking at ourselves when pondering this question? Everyone makes stupid mistakes. Wish I'd have had quite a long time longer. Its content has already helped me decrease the amount of those pesky "senior minute" mistakes. An excellent read pointing out how we can avoid placing ourselves up for failing by not making stupid mistakes Helpful and interesting but not preachy That is an insightful and thought-provoking book that is easy to read sections at the same time or all in one sitting. The author consistently mixes in a nutshell real-life stories with queries and ideas for self-reflection. The straight-forward design makes it easy to read and beneficial for any reader that sincerely wants to become happier and an improved person - the author isn't preachy. It's an excellent book.



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