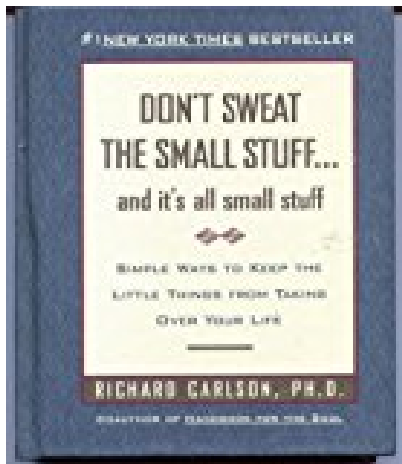


# Dont Sweat the Small Stuff

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## BOOK DETAILS

- Author : Richard Carlson
- Pages : 248 Pages
- Publisher : Hyperion
- Language : English
- ISBN : 0786864249

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## BOOK SYNOPSIS

THE #1 "NEW YORK TIMES" BESTSELLER UNABRIDGED AND ON CD "Dont Sweat the Small Stuff...and Its All Small Stuff" tells you how to keep from letting the little things in life drive you crazy. Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. Learn how to put things into perspective by making small daily changes, including advice like "Choose your battles wisely"; "Remind yourself that when you die, your in box wont be empty"; and "Make peace with imperfection." With "Dont Sweat the Small Stuff..."youll 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 it might be your last With gentle, supportive suggestions, Dr. Carlson reveals ways to make your actions more peaceful and caring, while making your life more calm and stress-free.

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