

**DON'T SWEAT THE SMALL STUFF: AND
IT'S ALL SMALL STUFF BY ENGAGEMENT,
RICHARD CARLSON**



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**DON'T SWEAT
THE SMALL STUFF...**
and it's all small stuff



TO KEEP THE LITTLE THINGS
FROM TAKING OVER
YOUR LIFE



BASED ON THE #1 NEW YORK TIMES BESTSELLER

RICHARD CARLSON, Ph.D.

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Amazon.com Review

Got a stress case in your life? Of course you do: "Without question, many of us have mastered the neurotic art of spending much of our lives worrying about a variety of things all at once." Carlson's cheerful book aims to make us stop and smell--if not roses--whatever is sitting in front of our noses. *Don't Sweat the Small Stuff...* offers 100 meditations designed to make you appreciate being alive, keep your emotions (especially anger and dissatisfaction) in proper perspective, and cherish other people as the unique miracles they are. It's an owner's manual of the heart, and if you follow the directions, you will be a happier, more harmonious person. Like Stairmasters, oat bran, and other things that are good for you, the meditations take discipline. Even so, some of the strategies are kind of fun: "Imagine the people in your life as tiny infants and as 100-year-old adults." The trouble is, once you start, it's hard to stop.

From Library Journal

Stress consultant Carlson reads his self-help guide with conviction, his gentle voice clear and persuasive. He presents common-sense advice for living a less hectic and more meaningful, loving life. His essential message is that we get caught up in minutiae, "the small stuff," and never get around to doing what makes us or our loved ones happy. He advises readers to engage in such small acts as paying someone a compliment daily, putting a lid on keeping track of who does what around the house, and writing a letter to a friend. Carlson urges small daily changes and uses examples of improvement from his own life to show how the advice works, making the book ideally suited to the audio format. Tape quality is excellent. Recommended for public libraries. ?Nancy R. Ives, SUNY at Geneseo

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About the Author

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Don't Sweat the Small Stuff...and It's All Small Stuff is an audiobook 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 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.

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I absolutely love and cherish this book

By Petehog

I absolutely love and cherish this book. This book has changed my life. By nature, I'm not an easy-going person. I'm very driven and ambitious and by nature, it's been a blessing and a curse as it's helped me in areas of my life but failed me in relationships and friendships. This book was a life-changer. Granted, I've read other books which talk about the same principles in this book, ie. The Bible, "How To Win Friends and Influence People". But this book is different. There are a few books which have dynamically changed my life. Namely, "Think and Grow Rich", "Rich Dad, Poor Dad", "The Seven Habits of Highly Effective People" and I would list this book among them. It's the one book which contrasts with everything I've been programmed to know about life. Namely, this book teaches you to chill out. I find that after I've read this book, I am more understanding of things and I don't pout as much as I used to. I won't say that this book made me a better person but I can fairly say that this book opens your eyes and makes you realize when you are not being easy-going. This book does that. This book talks about basic things about handling stress and calming down but in a way which isn't preachy and in a way that's so simple to understand. The writing style and the way the chapters are laid out are done in a way where it's very easy to learn, very easy to absorb, very easy to practice...and most importantly...done in a way which permanently changes your outlook on life. I'm not saying this book will immediately make you easy-going and friendly but it helps by a large margin. I'd highly recommend this book.

1 of 1 people found the following review helpful.

best book purchase I have ever made.

By Allyson

This book is amazing. It has great tips and over a month I have really started to pay attention to all of the things that this book was going over. It has honestly helped me to change my life. I will be purchasing more books in this series and buying the workbook- the best investment you can make is in yourself. Buy this and live peacefully!

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This is my favorite book. I buy copies to give to other people. The chapters are short and very easy to read, no fancy unnecessary words. The best part about this book is that it really makes you feel like you can

improve your life and the life of other people around you by just being a good and understanding person. I pick it up every so often to remind me that life is not as complicated as we make it out to be.

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