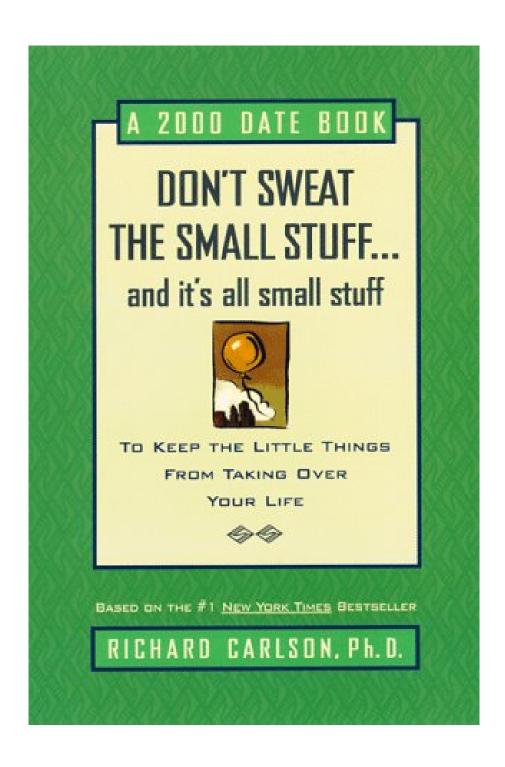


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### About the Author

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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.

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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

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