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Don't Sweat the Small Stuff teaches how to not let the little things take over your life. This groundbreaking inspirational guide — a classic in the self-help genre — shows you how to put challenges in perspective, reduce stress and anxiety through small daily changes, and find the path to achieving your goals.

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Don't Sweat the Small Stuff... and It's All  
Small Stuff | Home

" Don't Sweat the Small Stuff has the power to change our individual and collective lives. I am deeply grateful to Dr. Richard Carlson and his beloved wife Kristine for their wisdom and compassion

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in bringing transformational practices and perspectives to millions of readers."

Shauna Shapiro, author of *The Art and Science of Mindfulness*

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

Don't sweat the small stuff: Stow it away in

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an artisan-crafted box like this sculptural piano-hinged gem (\$199), hand-tooled from oak with insets of blood wood, ebony and walnut. Into the wood: faux or real, natural crafted wood surfaces are hot. Meanwhile, Mortensen says, don't sweat the small stuff.

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Don't sweat the small stuff - Idioms by  
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Don't Sweat the Small Stuff... and It's All  
Small Stuff Hardcover – January 1, 1997.  
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Don't Sweat the Small Stuff... and It's All  
Small Stuff ...

Don't Sweat the Small Stuff... and it's all  
small stuff is a book that shows you how to  
keep from letting the little things in life  
drive you crazy. In thoughtful and  
insightful language, author Richard



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Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life.

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

I even carry the don't sweat the small stuff books in my handbag, as they are small

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Day To Calendar just kin the car,  
pull to the side and solve a problem there  
and then! I would recommend both Don't  
sweat the small stuff books as I feel they go  
hand in hand and compliment each other.

Amazon.com: Don't Sweat the Small Stuff  
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Paperback. \$9.99. Don't Sweat the Small Stuff for Women: Simple Ways to Do What Matters Most and Find Time For You (Don't Sweat the Small Stuff Series) Kristine Carlson. 4.2 out of 5 stars 70. Paperback. \$12.99. The Don't Sweat the Small Stuff Workbook. Richard Carlson.

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Don't Sweat the Small Stuff with Your  
Family: Simple Ways ...

Then, as you move around, try new things, and meet new people, you carry that sense of inner peace with you. It's absolutely true that, "Wherever you go, there you are. " . Richard Carlson, Don't Sweat the Small Stuff ... and It's All

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Small Stuff: Simple Ways to Keep the  
Little Things From Taking Over Your  
Life.

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

When you ' re in a stressful situation, it ' s  
easy to sweat the small the stuff. However

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miniscule or potentially life-altering, the spectrum of life ' s problems warrants our attention, time and energy...

How to Stop Sweating the Small Stuff |  
SUCCESS

The List: Top 25 Quotes from Don ' t  
Sweat the Small Stuff by Richard Carlson

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That argument that you just blew up over? Is now just a thought that 's cycling in your head—you can control those... Your favorite cup just broke? Everything has a beginning and everything has an end—it was your cup ' s time. ...

Top 25 Quotes from Don't Sweat the

*Page 23/59*

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Small Stuff by Richard...

Richard Carlson was an American author, psychotherapist, and motivational speaker.

His book, Don ' t Sweat the Small Stuff... and it ' s all Small Stuff, was USA Today's bestselling book for two consecutive years. and spent over 101 weeks on the New York Times Best Seller list. It was



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Published in 135 countries and translated into Latvian, Polish, Icelandic, Serbian and 26 other languages. Carlson went on to write 20 books.

Richard Carlson (author) - Wikipedia  
Don't Sweat the Small Stuff continued to be a publishing phenomenon with over

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twenty titles in the brand franchise, two of which were co-authored and authored with his beloved wife, Kris. He died of a pulmonary embolism in December 2006, at the age of forty-five.

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

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The Don't Sweat the Small Stuff 2021 Calendar offers timeless, uplifting, tried-and-true wisdom on how to live a kinder, more peaceful, joy-filled life. Calendar features include: Lined "Notes" area on the back of each tear-off page. Includes day/date references and major official world holidays.

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Don't Sweat the Small Stuff. . . 2021 Day-  
to-Day Calendar ...

ABOUT THE BOOKS. With more than 25 million copies in print, the Don ' t Sweat the Small Stuff series has impacted multiple generations. Even after 20 years, each book is still easy to read and

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impossibly relatable thanks to Richard and Kristine Carlson ' s signature style. The nine books in this unique series are guaranteed to reach you right where you are, offering life-altering inspiration.

**BUY THE BOOKS - Don't Sweat the small stuff**

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Richard Carlson Ph.D. was an author, psychotherapist, and motivational speaker, who rose to fame with the success of his best-selling book Don ' t Sweat the Small Stuff...and it ' s all Small Stuff (1997). He met and married Kristine Anderson (Kris Carlson) in 1981 while he was a student at Pepperdine University in Malibu,

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DON'T SWEAT THE SMALL  
STUFF...OMNIBUS:CARLSON,  
RICHARD ...

The book "Don't Sweat The Small Stuff  
For Teens" is a guidance for the teenage  
lives and experiences; Richard Carlson

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connects to most of the chapters. The chapter that interest me was dont sweat the break up. This chapter is intersting and i believe that most teens need advice of those kind of things such as:love and friendship.

Don't Sweat the Small Stuff for Teens:

*Page 32/59*



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Simple Ways to Keep ...  
The Don ' t Sweat the Small Stuff  
Workbook: Exercises, Questions, and Self-  
Tests to Help You Keep the Little Things  
from Taking Over Your Life For the  
millions who have read Don ' t Sweat the  
Small Stuff, this inspiring new workbook  
has been designed to help put the book ' s

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principles into practice.  
Kindle  
Edition Richard Carlson

Richard Carlson ' s Books - Don't Sweat  
the small stuff

“ Don ’ t sweat the small stuff, ” he said.

“ Being able to adapt to constant change  
is crucial. ” Ellis isn ’ t afraid to take on  
new projects and challenges, and he

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doesn't mind learning on the job if...  
Edition Richard Carlson

A book that shows you how to prevent the little things in life driving you crazy. In thoughtful and insightful language, author Richard Carlson reveals ways to calm

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down in the midst of your hurried, stress-filled life. Learn how to put things in perspective by making the small daily changes he suggests, including advice such as "Think of your problems as potential teachers"; and "remember that when you die, your 'in' box won't be empty". You should also try to live in the present

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moment, let others have the glory at times, and lower your tolerance to stress. You can write down your most stubborn positions and see if you can soften them, learn to trust your intuitions, and live each day as if it might be your last.

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

*Page 37/59*

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Small Stuff is a book 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

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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

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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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In this classic roadmap to managing your high-tension job, Richard Carlson shows how to stop worrying about the aspects of your work beyond your control and interact more fruitfully and joyfully with colleagues, clients, and bosses. His key insights reveal how to: How to manage rush deadlines with rushing How to

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transform your outlook and prepare for  
the day ahead How to enjoy corporate  
travel How to have a really bad day . . .  
and get over it

USA Today best-selling author It's official:  
stumbling, bumbling James Lessor and  
Skip Moore are licensed private

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investigators. Now, that's some scary stuff. It could take time to get Moore or Less investigations off the ground, so James takes a job with a traveling carnival show. But this show has a dubious reputation, having had a string of accidents and at least one death in the past year. When they're hired to investigate

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Edition Richard Carlson

What's caused the carnival chaos, James and Skip set into motion a dizzying, roller coaster chain of events. After a terrifying trip on the Dragon Tail ride, a not-so-fun dust-up in Freddy's Fun House, and a host of threats, James and Skip realize they'll get anything but cooperation from this cantankerous cast of carnies. But when a

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carnival worker is murdered, James and Skip will have to act fast-because they might be next in line. For James and Skip, the only thing sweeter than the smell of corndogs and fried dough will be the sweet smell of success-but in this case, success means getting out alive. This investigation is going completely off the rails.

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The author of Don ' t Sweat the Small Stuff in Love—who ' s also a mom—offers advice to moms to help reduce stress and increase joy. In this Don ' t Sweat the Small Stuff book, Kristine Carlson shows how moms can live with less stress and more happiness.

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Carlson gives mothers tried-and-true advice that will empower them to find greater peace, joy, and harmony within themselves and their homes. Don't Sweat the Small Stuff for Moms reveals how to: \*

- Be a Mom, Not a Friend
- \* Balance Being a Woman and a Mom
- \* Pursue Your Passion, But Not at the Expense of Your

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Children \* Reclaim Your Family Time

“ Kris Carlson extends the “ Don't Sweat the Small Stuff ” series with much-needed advice for mothers, writing with an understanding heart and penetrating wisdom born of her own experience. Like her late husband Richard, hers is a gentle soul backed by a powerful and



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transcendent fire.” —Marianne Williamson, bestselling author of A Return to Love “ Kristine Carlson is the real deal, a shining light guiding us away from the pitfalls of stress and despair, fear and anxiety, and illuminating the path to acceptance, happiness, and achieving your goals. ” Karen Salmansohn, bestselling

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author of The Bounce Back Book  
Edition Richard Carlson

In this candid guide to adolescence in his #1 bestselling series, Richard Carlson examines the contradictions and challenges unique to teenage life and offers high schoolers (and their parents) tools for learning not to stress about homework,

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peer pressure, dating, and more. Along the way, he addresses such issues as: Breaking up Getting out of the emergency lane Being OK with your bad hair day Dropping the drama

Examining the stresses and burdens that women are often confronted

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with--whether in the boardroom or the office bullpen, in relationships, or among friends--New York Times bestselling author Kris Carlson gives you proven strategies for balancing yourself within a chaotic world and finding ways to do what you like best. Her insights reveal how to: Stop comparing yourself to the media

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measuring stick Keep your well-being intact Create memories for yourself and those you love Avoid getting over-committee-d

"While it's easy to allow little things to take over our lives, there are things we can do to make life around the house less

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stressful," writes Richard Carlson in *Don't Sweat the Small Stuff with Your Family: Simple Ways to Keep Daily Responsibilities and Household Chores from Taking Over Your Life*. In this collection of 98 brief essays, Carlson (author of *Don't Sweat the Small Stuff ... And It's All Small Stuff*) meditates on

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Small, but meaningful ways to avoid being overwhelmed by life, particularly family life. From Number 8: Make Peace with Bickering, to Number 14: Encourage Boredom in Your Children, to Number 72: Stop Exaggerating Your Workload, Carlson's messages serve as reminders for truisms most readers already know but

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have lost sight of in the bustle of daily life. Carlson's "ways" may be simple, but simplicity is not stupid--his book offers vital injections of wisdom. --Ericka Lutz

This indispensable guide to family in the #1 bestselling series reveals how to avoid letting the minor setbacks in your home



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life get you down. With his characteristic candor and piercing insight, author Richard Carlson demonstrates how to resolve such common domestic tensions as:

- Children who are whining or fighting
- Issues with your spouse
- Hassles over household chores
- Difficult teenagers

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In this illuminating guide in his #1 bestselling series, Richard Carlson reveals the crucial tools with which men can relieve stress and take back control of their lives. He offers strategies for gaining more peace and joy, as well as techniques for channeling one's efforts to reap the greatest rewards, including: Find time to

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blow off steam Have conflict without it  
having you See things from a distance  
Invest in yourself

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