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Don't Sweat the Small Stuff...And It's All Small Stuff: Simple Things To Keep The Little Things From Taking Over Your Life

Richard Carlson Ph.D.

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THE #1 *NEW YORK TIMES* BESTSELLER UNABRIDGED AND ON CD
Don't Sweat the Small Stuff...and It's 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 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, while making your life more calm and stress-free.

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