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—shows you how
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perspective,

reduce stress

and anxiety

through small

daily changes,

and find the

path to

achieving your

goals.

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and It's All

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" 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

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compassion in
bringing
transformational
practices and
perspectives to
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Shauna Shapiro,
author of *The
Art and Science
of Mindfulness*

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Don't sweat the
small stuff:

Stow it away in

an artisan-
crafted box like

this sculptural

piano-hinged gem

(\$199), hand-

tooled from oak

with insets of

blood wood,

ebony and

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walnut. Into the
wood: faux or
real, natural
crafted wood
surfaces are
hot. Meanwhile,
Mortensen says,
don't sweat the
small stuff.

*Don't sweat the
small stuff -
Idioms by The
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Don't Sweat the
Small Stuff...
and It's All
Small Stuff

Hardcover -

January 1, 1997.

by. Richard

Carlson (Author)

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Small Stuff
Hyperion
small stuff is a
book that shows
you how to keep
from letting the
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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.

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Page 24/49

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and It's All

Small Stuff ...

I even carry the

don't sweat the

small stuff

books in my

handbag, as they

are small and

light, and we

often just stop

the car, pull to

the side and

solve a problem

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recommend both
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books as I feel
they go hand in
hand and
compliment each
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Most and Find

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(Don't Sweat the

Small Stuff

Series) Kristine

Carlson. 4.2 out

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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

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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 Small

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Stuff: Simple

Ways to Keep the
Little Things

From Taking Over

Your Life.

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and It's All

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When you're in a
stressful

situation, it's

easy to sweat

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

*How to Stop
Sweating the
Small Stuff |*

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SUCCESS Stuff

The List: Top 25
Quotes from

Don't Sweat the
Small Stuff by

Richard Carlson
That argument

that you just
blew up over? Is

now just a
thought that's

cycling in your
head—you can

control those...

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Your favorite

cup just broke?

Everything has a

beginning and

everything has

an end—it was

your cup's time.

...

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Top 25 Quotes

from Don't Sweat

the Small Stuff

by Richard ...

Richard Carlson

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Small Stuff
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

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Sweat The
Small Stuff
years. and spent
over 101 weeks
About Money
on the New York
Simple Ways To
Times Best
Seller list. It
Create
was published in
Abundance And
135 countries
Have Fun Dont
and translated
Sweat The
into Latvian,
Small Stuff
Polish,
Hyperion
Icelandic,
Serbian and 26
other languages.
Carlson went on

Get Free Dont
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Small Stuff
to write 20
books.
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Simple Ways To
Richard Carlson
(author) -
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Abundance And
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Have Fun Dont
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continued to be
Sweat The
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Hyperion
a publishing
phenomenon with
over twenty
titles in the
brand franchise,

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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.

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offers timeless,
uplifting, tried-
and-true wisdom
on how to live a
kinder, more
peaceful, joy-
filled life.

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Richard Carlson
Ph.D. was an

author,
psychotherapist,
and motivational
speaker, who

rose to fame
with the success

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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

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Malibu, California.

*DON'T SWEAT THE
SMALL STUFF...OM
NIBUS: CARLSON,
RICHARD ...*

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

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

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Sweat the Small
Stuff, this
inspiring new
workbook has
been designed to
help put the
book's
principles into
practice.

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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

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and challenges,
and he doesn't
mind learning on
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