

## BOOK DON T SWEAT THE SMALL STUFF%0A

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[Don T Sweat the Small Stuff: Book Summary & Review in PDF](#)

Don T Sweat The Small Stuff by Richard Carlson is a self-help, but also philosophical take on life. Namely, it recommends we take life a bit less seriously and we prioritize peace of mind, love and relationships over the stresses of overworking and achieving .

[Don T Sweat the Small Stuff - books, electronics, Kindle ...](#)

"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 in bringing transformational practices and perspectives to millions of readers." Shauna Shapiro, author of The Art and Science of Mindfulness

"Richard Carlson caused a revolution in all our thinking with his Don't Sweat the Small Stuff books. He was like a Zen master in disguise, taking almost an

[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 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.

[Don't Sweat The Small Stuff . . . And It's All Small Stuff ...](#)

Rated 5 out of 5 by Chadwick from Don't Sweat the Small Stuff One of the sweetest feel-good books available, providing some of the best advice, suggestions and hope for anyone who is down. It makes a wonderful gift, everyone I've bought it for absolutely loves it. I give it 5 out of 5 -- not a bad thing to say about it at all.

[Don't Sweat the Small Stuff... and it's all small stuff by ...](#)

Don t sweat the small stuff and it s all small stuff is a self-development book written by Richard Carlson. The book gives simple ways to keep the little things from overtaking our lives. I learnt from Carlson that we should live our lives in a calmer and less stressful way and to be able to let go of our problems. The main purpose of this book is to stop letting the little things in life

[Don't Sweat the small stuff and it's all small stuff](#)

After almost two decades since the original release of Don t Sweat the Small Stuff, Richard Carlson s insights on the meaning of life continue to be timeless. The book teaches us to focus on the now and find balance by living through contentment.

### Top 25 Quotes from Don t Sweat the Small Stuff by Richard ...

Book Overview: 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.

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

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 impossibly relatable thanks to Richard and Kristine Carlson s signature style.

#### Don't Sweat The Small Stuff: For Fathers by Richard Carlson

Richard Carlson, Ph.D. was born and raised in the Bay Area. He grew up in Piedmont and received his bachelor's degree from Pepperdine University and his doctorate in psychology from Sierra University before opening a private psychotherapy practice.

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#### Don't Sweat the Small Stuff: Simple ways to Keep the

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Buy Don't Sweat the Small Stuff: Simple ways to Keep the Little Things from Overtaking Your Life: Simple Ways to Keep the Little Things from Taking Over Your Life by Richard Carlson (ISBN: 9780340708019) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.