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reach you right where you are, offering life-altering inspiration. BUY THE BOOKS - Don't Sweat the small stuff 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, California. 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 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: 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 principles into practice. 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 doesn't mind learning on the job if... 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 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. Don't Sweat the Small Stuff...and It's All Small Stuff ... **DON'T SWEAT THE SMALL STUFF...OMNIBUS:CARLSON, RICHARD** ... Don't Sweat the Small Stuff continued to be a publishing phenomenon with over 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. **How to Stop Sweating the Small Stuff | SUCCESS** 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 Small

Stuff: Simple Ways to Keep the Little Things From Taking Over Your Life. *Don't sweat the small stuff - Idioms by The Free Dictionary*

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

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

Richard Carlson (author) - Wikipedia
 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 Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life.

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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... Your favorite cup just broke? Everything has a beginning and everything has an end—it was your cup's time. ...

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

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, California.

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