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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 ... 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. Don't Sweat the Small Stuff ... and it's all small stuff ..." Don't sweat the small stuff" may be a popular philosophy in today's society, but according to an author and job search

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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. In thoughtful and insightful language, author Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. Top 25 Quotes from Don't Sweat the Small Stuff by Richard ...— 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 "One of the mistakes many of us make is that we feel sorry for ourselves, or for others, thinking that life should be fair, or that someday it will be. It's not and it won't. Don't Sweat the Small Stuff ... and it's all small stuff ...Key Lessons from "Don't Sweat the Small Stuff . . . and It's All

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<p>bestselling book for two consecutive years. and spent over 101 weeks on the New York Times Best Seller list. Richard Carlson (author) - Wikipedia Don't Sweat the Small Stuff is a worthwhile read if you tend to take life too seriously and get hung up on minor issues. If you want to make the most of your life and any and every situation, I recommend Optimal Thinking: How To Be Your</p>	<p>Best Self. Don't Sweat the Small Stuff . . . and It's All Small Stuff ... A highly-readable little paperback with a different perspective of the generations; your own, those before you, and those soon to follow. The book is enjoying a good run as a best-seller, living ... DON'T SWEAT THE SMALL STUFF Richard Carlson Famous Audiobook Shawn Achor, bestselling author of The Happiness</p>	<p>Advantage, " 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." -- Don't Sweat the Small Stuff... And It's All Small Stuff ... I recently read another great book from Richard</p>
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Carlson called Don't Sweat Small Stuff at Work. This book focuses on personal development in the workplace. Just like the previous book, he wrote 100...5 things we can learn from 'Don't Sweat Small Stuff at Work'Don't Sweat The Small Stuff (... And It's All Small Stuff) by Richard Carlson was so successful, that it spawned a whole series of "Don't Sweat..." books, which have sold over

25 million copies, since the original was published in 1997. Sadly, Richard passed away at age 45, from a pulmonary embolism, in 2006. If we could all be more even-keeled (so we didn't sweat the small stuff), we would enhance our health, both physical and mental. And recent research suggests that we actually can. To be a more even-keeled person, first you need to think like

one, says Rosalind S. Dorlen, Psy.D., a clinical psychologist in Summit, New Jersey. Don't Sweat the Small Stuff...and It's All Small Stuff ... A highly-readable little paperback with a different perspective of the generations; your own, those before you, and those soon to follow. The book is enjoying a good run as a best-seller, living ... Don't Sweat the Small Stuff... And It's

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Shawn Achor, bestselling author of *The Happiness Advantage*, "Don't Sweat the Small Stuff" has the power to change our individual and collective lives. I am deeply grateful to Dr.

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