

Don't Sweat the Small Stuff and It's All Small Stuff: Simple Ways to Keep the Little Things From Taking Over Your Life

By Richard Carlson

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

You can learn to put things into perspective by making the small daily changes Dr. Carlson suggests, including advice such as "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, with the added benefit of making your life more calm and stress-free.

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