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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 incerdibly hurried, stress-filled life.

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Rory Sutherland Sweat the small stuff TED Talk

So there seems to be a strange disproportionality at work, I think, in many areas of human problem solving, particularly those which involve human psychology, which is: The tendency of the organization or the institution is to deploy as much force as possible, as much compulsion as possible, whereas actually, the tendency of the person is to be almost influenced in absolute reverse proportion

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Richard Carlson author Wikipedia

Richard Carlson (May 16, 1961 December 13, 2006) was an American author, psychotherapist, and motivational speaker.His book, Don t Sweat the Small Stuff and it s all Small Stuff (1997), 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

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October 2016 Author Earnings Report A Turning of the Tide

Footnotes (*1) For KindleFirst title preorders, the price at which most sales occur should be the \$1.99 preorder price, not the \$4.99 release price.

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