

BOOK DON T SWEAT THE SMALL STUFF



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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 Series) [Richard Carlson] on Amazon.com. *FREE* shipping on qualifying offers.

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Don t Sweat the Small Stuff shares a great life philosophy. I know many people -and you probably do too- that take things often way too seriously. This book can help you take a step back and, well, chill a little bit more.

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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. 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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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.

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Don t Sweat the Small Stuff Summary . Applying such attitude will incline you to think that happiness and relaxation is merely a waste of time because, time = money. By endorsing conservative and goal-oriented mentality, most of us assume that they ll quickly reach their goals. Evidently, happiness is a result of hard and disciplinary efforts.

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Don't Sweat The Small Stuff Summary Four Minute Books

Don t Sweat The Small Stuff Summary. Sadly, Richard passed away at age 45, from a pulmonary embolism, in 2006. His wife Kristine keeps carrying on the message. I m grateful for this man, since he gave us a great book, with tremendous advice on how to lead a happier life.

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Don't Sweat the Small Stuff Summary By Richard Carlson

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Don't Sweat the Small Stuff and it's all small stuff Don

#1) Don't sweat the small stuff, and #2) It's all small stuff. As you incorporate these ideas into your life you will begin to create a more peaceful and loving you. 1. Don't Sweat the Small Stuff Often we allow ourselves to get all worked up about things that, upon closer examination, aren't really that big a deal.

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Don't Sweat the small stuff and it's all small stuff

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