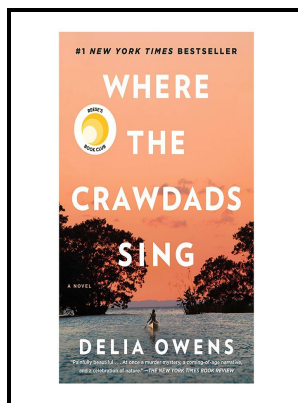


Dont Sweat the Small Stuff for Women - Simple and Practical Ways to Do What Matters Most and Find Time for You (Book Club Edition)

Hyperion - Dont Sweat Small Stuff by Richard Carlson



Description: -

-Dont Sweat the Small Stuff for Women - Simple and Practical Ways to Do What Matters Most and Find Time for You (Book Club Edition)

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Notes: -

This edition was published in 2001



Filesize: 66.61 MB

Tags: #Dont #Sweat #Small #Stuff

Don't Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You by Kristine Carlson, Hardcover

Beautifully intermixed with true anecdotes from her life, while I read it, I felt like Carlson was a wise and reliable friend whom I could turn to when in need. There are always going to be people who disagree with you, people who do things differently, and things that don't work out.

Don't Sweat The Small Stuff: Women by Kristine Carlson

It's tempting, when you don't know what to do, when you don't have an immediate answer, to try to force the issue. From the author of the New York Times bestseller Don't Sweat the Small Stuff for Women comes a beautifully designed journal for women to record their most intimate and personal thoughts.

Don T Sweat The Small Stuff For Women

The solution is to catch yourself in the act of being critical.

Don't sweat the small stuff for women : simple and practical ways to do what matters most and find time for you : Carlson, Kristine, 1963

So that's the context and examples in a nutshell. The truth was, no one other than she had created the pressure she was experiencing.

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Light rubbing wear to cover, spine and page edges. Your blood pressure goes up, your grip on the wheel tightens, your eyes are strained, and your

thoughts are spinning out of control. In the absence of your judgment, everything would be fine.

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