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Don't Sweat the Small Stuff... and It's All Small Stuff | Home

* 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.“— Shauna Shapiro, author of The Art and Science of Mindfulness

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

Don't sweat the small stuff: Stow it away in an artisan-crafted box like this sculptural piano-hinged gem (\$199), hand-tooled from oak with insets of blood wood, ebony and walnut. Into the wood: faux or real, natural crafted wood surfaces are hot

Don't sweat the small stuff - Idioms by The Free Dictionary

Braille edition of the popular bestseller. “Let go of the idea that gentle, relaxed people can't be super-achievers,” advises Dr. Richard Carlson in his widely popular self-help book, DON'T SWEAT THE SMALL STUFF. In 100 chapters--each only a few pages long--Dr. Carlson shares his ideas for living a calmer, richer 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 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.

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

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Don't Sweat the Small Stuff in Love: Simple Ways to ...

Download Don't Sweat The Small Stuff PDF by Richard Carlson published in 1997. Inside this book Make Peace with Imperfection: Accept it as natural in yourself, others and systems(govt, etc). Elimination of the need for perfection allows you to discover perfection in life itself.

Don't Sweat The Small Stuff PDF by Richard Carlson ...

“There are two rules for living in harmony. #1) Don't sweat the small stuff and #2) It's all small” — 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

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

Richard Carlson, Don't Sweat the Small Stuff (Page 34) “Effective listening is more than simply avoiding the bad habit of interrupting others while they are speaking or finishing their sentences. It's being content to listen to the entire thought of someone rather than waiting impatiently for your chance to respond.”.

Top 25 Quotes from Don't Sweat the Small Stuff by Richard ...

Richard Carlson was an American author, psychotherapist, and motivational speaker. His book, Don't Sweat the Small Stuff... and it's all Small Stuff, 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, Icelandic, Serbian and 26 other languages. Carlson went on to write 20 books.

Richard Carlson (author) - Wikipedia

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. Dorten, Psy.D., a clinical psychologist in Summit, New Jersey.

Don't Sweat the Small Stuff | Real Simple

Don't Sweat the Small Stuff... and It's All Small Stuff This groundbreaking inspirational guide—a classic in the self-help genre—shows you how to put challenges in perspective, reduce stress and anxiety through small daily changes, and find the path to achieving your goals. Among the insights it reveals are how to:

BUY THE BOOKS - Don't Sweat the small stuff

And it's the truth. Fretting over a small misstep isn't worth the effort it takes, whether it's being stuck in traffic, suffering from a bad hair day or showing up a few minutes late for dinner. Despite knowing that we shouldn't sweat the small stuff, we can't help but do it anyway. So how do we kick the habit for good?

How To Stop Sweating The Small Stuff (For Good) | HuffPost ...

Don't Sweat The Small Stuff is a self-help, but also philosophical take on life. Richard Carlson, the author, recommends we take life a bit less seriously and we prioritize peace of mind, love and relationships over the stresses of overworking and “achieving”.

Don't Sweat the Small Stuff: Summary + PDF | The Power Moves

Recent research suggests that we can train ourselves to not sweat the small stuff. To be a more even-keeled person, first you need to think like one, says Rosalind S. Dorten, Psy.D., a clinical...

How to stop sweating the small stuff - CNN

Don't Sweat the Small Stuff... offers 100 meditations designed to make you appreciate being alive, keep your emotions (especially anger and dissatisfaction) in proper perspective, and cherish other people as the unique miracles they are.

Don't Sweat the Small Stuff: Simple ways to Keep the ...

Many people respond to details with that timeless expression, “Don't sweat the small stuff.” This is great when thinking about the stresses of life that are outside of our control; can't go around worrying about every little thing or you might give yourself a heart attack.

Should Leaders Sweat the Small Stuff?

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.