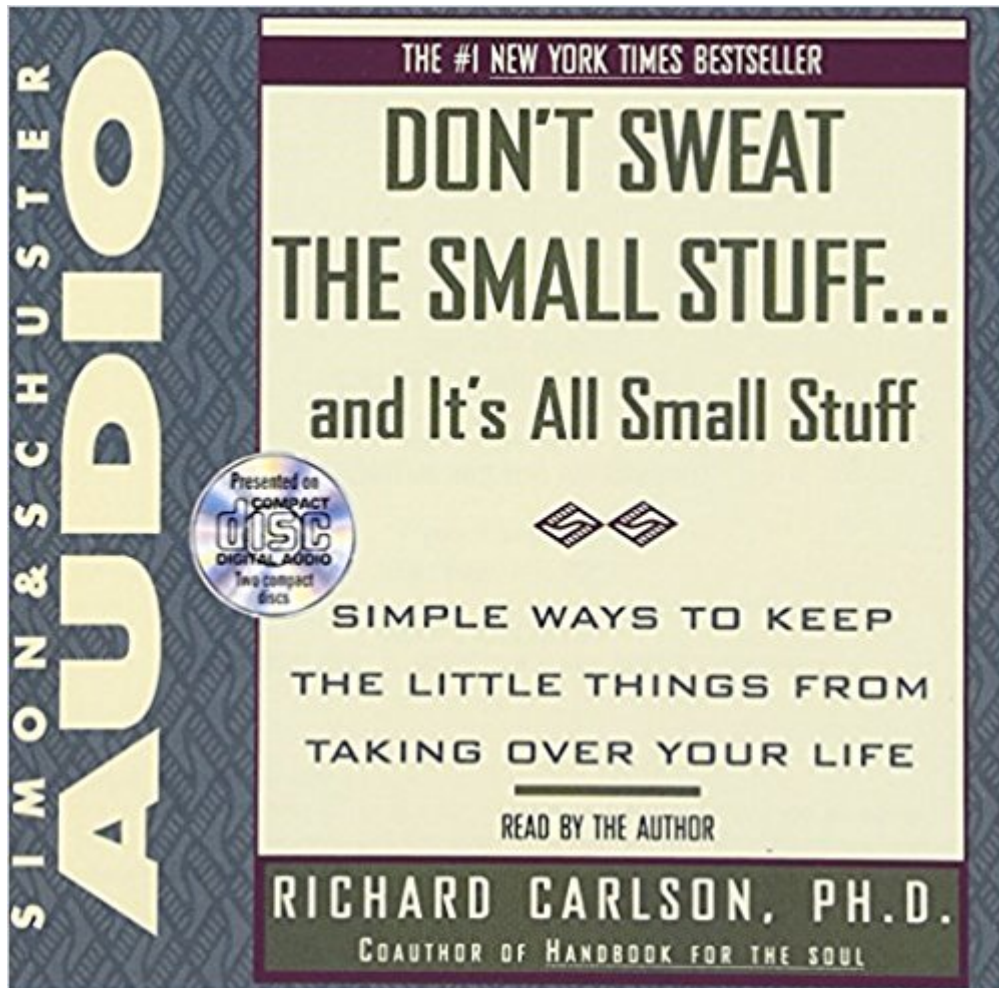




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Don't Sweat Small Stuff



Synopsis

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.

Book Information

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Customer Reviews

Got a stress case in your life? Of course you do: "Without question, many of us have mastered the neurotic art of spending much of our lives worrying about a variety of things all at once." Carlson's cheerful book aims to make us stop and smell--if not roses--whatever is sitting in front of our noses. 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. It's an owner's manual of the heart, and if you follow the directions, you will be a happier, more harmonious person. Like Stairmasters, oat bran, and other things that are good for you, the meditations take discipline. Even so, some of the strategies are

kind of fun: "Imagine the people in your life as tiny infants and as 100-year-old adults." The trouble is, once you start, it's hard to stop. --This text refers to the Paperback edition.

Stress consultant Carlson reads his self-help guide with conviction, his gentle voice clear and persuasive. He presents common-sense advice for living a less hectic and more meaningful, loving life. His essential message is that we get caught up in minutiae, "the small stuff," and never get around to doing what makes us or our loved ones happy. He advises readers to engage in such small acts as paying someone a compliment daily, putting a lid on keeping track of who does what around the house, and writing a letter to a friend. Carlson urges small daily changes and uses examples of improvement from his own life to show how the advice works, making the book ideally suited to the audio format. Tape quality is excellent. Recommended for public libraries. ?Nancy R. Ives, SUNY at Geneseo Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I haven't read it all but I've read most of it. The 1st 3 pages & I was hooked. It's one of those books you can't sit down. I'm constantly saying YES, no kidding, how'd I forget that! I've believed in these things for a long time but it's a great read to get you teach you, get you back on the right road, or just a little reminder of things you've stored in the back of your mind. I recommend this for everyone because it can help so many types of people. I also bought it for someone that needs a reality check & just gave it to them. They think they are perfect and needs a dose of reality sometimes. I didn't give as a "gift", I just put it on the counter and left it. Then after I left I told them I left them a book I really enjoyed, feel free to read it if you want, keep it or pass it on to someone else. Sometimes people don't realize how they are acting and this give good "suggestions" on ways to handle different situations.

Great book to help lower your stress level. It's not a book that tells you how you should feel or tell you what you should do. It just helps put things in perspective. Bought the Teen book for my niece.

Great book. I bought my first copy quite a few years back. At first, I DIDN'T LET IT SPEAK TO ME. THAT'S NOT FOR ME. But my wife kept encouraging me to keep reading it. So I did. And, it wasn't long before I realized that each Chapter had something to say to me to some degree. I'm in my 4th reading at the present. I have a new friend, who's a "worry wart" just like me. I purchased this copy to give to him, WHEN THE TIME IS RIGHT. Ha! Ole

This book is absolutely amazing! I have read it more times than i can count. I even keep it on my car so when i am having a rough day at work i go outside to take a break and randomly open it to a page and every time its wisdom pertains to the situation and helps finish my day on a better note.

Preachy, with no examples of what the author is suggesting. The biggest virtue is that chapters are only about two pages long.

This is a neat compilation of 100 homilies, platitudes, and truisms that should all be reexamined and thought about deeply. Yes, I agree with the compiler and his asute observations and comments about all the small stuff that gets in the way of loving our lives. It's an easy no sweat read and a wonderful compendium to have nearby when we become perplexed with our own behaviour and those around us. A valuable guide-book to acheiveing an expanding our treasure of living a happy loving life in relationship with others.

I like this book. I read several of the comments from those who rated it 1 star. I understand their opinions that the ideas are simplistic/common sense even, the ideas repeat throughout the book, and there is somewhat an overuse or over-push of the idea of being loving/compassionate and having inner peace. Frankly, I don't entirely agree with or feel enlightened by all the ideas in the book. Some of it is a bit too cheesy for me. However, what is key for me is that there are good ideas that I like to use as little reminders when I have a tendency to stress out or be irritated. My recap of the book would be: don't always try to be right and criticize others, think of people/situations to love/appreciate, and realize that most stresses are really not worth the stress when you look at the big picture. You will feel better in general when you practice these habits. What I take from this book is basically what I take from any self-help book, just the pieces that I believe in/agree with. Self-help books are just that, you helping yourself. If you let the ideas that will help you affect you positively, then it will, regardless of the book. In the end, your interpretation of the books are your ideas, and you ultimately are the only one who affects you. Choose to be happy (over being stubborn, for example), and you will be. I used to think it's a fluff, until I try it and I am happy, then it became truth. Anyway, whatever floats your boat :)

I first saw this book in a doctor's office. I had a chance to read one story and immediately realized that I want to have a copy of my own. I bought mine used from . It looks brand new. What a great

book. It is a book you can read over and over.

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