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 5 things we can learn from 'Don't Sweat Small Stuff at Work'
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 Don't Sweat the Small Stuff: Summary + PDF | The Power Moves
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GREGORY CARLA

Don't Sweat the Small Stuff ... and it's all small stuff ... Don't Sweat The Small Stuff" 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 About Money illuminates how to: Learn more about the relationship between moods and money. Be aware of what you don't know, and what you're not good at. Spend the bulk of your time on the "critical inch" of your business. Avoid giving away your power. BUY THE BOOKS - Don't Sweat the small stuff Don't Sweat the Small Stuff...and It's All Small Stuff is a book 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. 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. Don't Sweat the Small Stuff ... and it's all small stuff ..." Don't sweat the small stuff" may be a popular philosophy in today's society, but according to an author and job search expert, overlooking the "small stuff" is poor advice for a recent or soon-to-be college graduate seeking that first job. Don't sweat the small stuff - Idioms by The Free Dictionary Don't Sweat the Small Stuff at Work: Simple Carlson shows readers how to interact more peaceably and joyfully with colleagues, clients, and bosses and reveals tips to minimize stress and bring out the best in themselves and others. Don't Sweat the Small Stuff...and It's All Small Stuff ... Don't Sweat the Small Stuff has some content overlap with The Power of

Now when it encourages the readers to focus on the present and to "live in the moment" instead of worrying of what might happen in the future. Don't Sweat the Small Stuff: Summary + PDF | The Power Moves 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. Top 25 Quotes from Don't Sweat the Small Stuff by Richard ...— 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 "One of the mistakes many of us make is that we feel sorry for ourselves, or for others, thinking that life should be fair, or that someday it will be. It's not and it won't. Don't Sweat the Small Stuff ... and it's all small stuff ... Key Lessons from "Don't Sweat the Small Stuff . . . and It's All Small Stuff" 1. Focus your energy on something valuable. 2. Live in the present moment. 3. Technical know-how is insufficient. Don't Sweat the Small Stuff PDF Summary - Richard Carlson ... 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. Dorlen, 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* 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. *Don't Sweat The Small Stuff, And It's All Small Stuff PDF* 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. Richard Carlson (author) - Wikipedia *Don't Sweat the Small Stuff* is a worthwhile read if you tend to take life too seriously and get hung up on minor issues. If you want to make the most of your life and any and every situation, I recommend *Optimal Thinking: How To Be Your Best Self*. *Don't Sweat the Small Stuff . . . and It's All Small Stuff ...* A highly-readable little paperback with a different perspective of the generations; your own, those before you, and those soon to follow. The book is enjoying a good run as a best-seller, living ... **DON'T SWEAT THE SMALL STUFF** Richard Carlson Famous Audiobook Shawn Achor, bestselling author of *The Happiness Advantage*, " *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." -- *Don't Sweat the Small Stuff... And It's All Small Stuff ...* I recently read another great book from Richard Carlson called *Don't Sweat Small Stuff at Work*. This book focuses on personal development in the workplace. Just like the previous book, he wrote 100...5 things we can learn from 'Don't Sweat Small Stuff at Work' *Don't Sweat The Small Stuff (... And It's All Small Stuff)* by Richard Carlson was so successful, that it spawned a whole series of "Don't Sweat..." books, which have sold over 25 million copies, since the original was published in 1997. Sadly, Richard passed away at age 45, from a pulmonary embolism, in 2006.

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. Dorlen, Psy.D., a clinical psychologist in Summit, New Jersey. *Don't Sweat the Small Stuff* is a worthwhile read if you tend to take life too seriously and get hung up on minor issues. If you want to make the most of your life and any and every situation, I recommend *Optimal Thinking: How To Be Your Best Self*.

Don't Sweat The Small Stuff

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.

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— 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* "One of the mistakes many of us make is that we feel sorry for ourselves, or for others, thinking that life should be fair, or that someday it will be. It's not and it won't.

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"Don't sweat the small stuff" may be a popular philosophy in today's society, but according to an author and job search expert, overlooking the "small stuff" is poor advice for a recent or soon-to-be college graduate seeking that first job.

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I recently read another great book from Richard Carlson called *Don't Sweat Small Stuff at Work*. This book focuses on personal development in the workplace. Just like the previous book, he wrote 100...

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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.

Don't Sweat the Small Stuff - Real Simple

Shawn Achor, bestselling author of *The Happiness Advantage*, " *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." --

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Don't Sweat the Small Stuff has some content overlap with *The Power of Now* when it encourages the readers to focus on the present and to "live in the moment" instead of worrying of what might happen in the future.

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Don't Sweat the Small Stuff About Money illuminates how to: Learn more about the relationship between moods and money. Be aware of what you don't know, and what you're not good at. Spend the bulk of your time on the "critical inch" of your business. Avoid giving away your power.

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readers how to interact more peaceably and joyfully with colleagues, clients, and bosses and reveals tips to minimize stress and bring out the best in themselves and others.

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Key Lessons from "Don't Sweat the Small Stuff . . . and It's All Small Stuff" 1. Focus your energy on something valuable. 2. Live in the present moment. 3. Technical know-how is insufficient.

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