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## **The Dont Sweat The Small**

Little Things From Taking Over Your Life

Dr. Richard Carlson and Kristine Carlson are the authors of the Don't Sweat The Small Stuff books. This is the official site for their books and courses to teach you how to stop the little things from taking over your life so you can stress less and

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be calmer.

## **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

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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 continued to be a publishing phenomenon with over



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twenty titles in the brand franchise, two of which were co-authored and authored with his beloved wife, Kris. He died of a pulmonary embolism in December 2006, at the age of forty-five.

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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

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## **It's All Small Stuff ...**

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end—it was your cup's time. ...

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## **Top 25 Quotes from Don't Sweat the Little Things From Taking Over Your Life**

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Exercises, Questions, And Self Tools To Help You Keep The Little Things From Taking Over Your Life Series) book. The first edition of the novel was published in 1997, and was written by Richard Carlson.

## **[PDF] Dont Sweat the Small Stuff ... and its all small ...**

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

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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 ...**

Don't sweat the small stuff. Just stay cool! worry when you get to plan "z"..lol.



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Quotes. Just stay cool! worry when you get to plan "z" ..lol.

**70+ Best Don't Sweat the Small Stuff images | words ...**

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However, I am delighted to report that Don't Sweat the Small Stuff at Work by the late Richard Carlson, PhD (1961 - 2006) is actually a helpful text for real people who live and work in the real world. The book is useful to those in the rat race or who are entering the rat race.

### **Don't Sweat the Small Stuff at**

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### **Work: Simple Ways to ...**

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. His

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wife Kristine keeps carrying on the message.

## **Don't Sweat The Small Stuff Summary - Four Minute Books**

“Don’t sweat the small stuff,” he said.  
“Being able to adapt to constant change is crucial.” Ellis isn’t afraid to take on new projects and challenges, and he

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doesn't mind learning on the job if...

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**USAASC**

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

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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**

#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

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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.

**Don't Sweat the Small Stuff--and it's all small stuff (Don ...**

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**Don't Sweat the Small Stuff : Simple**



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“Don’t sweat the small stuff,” he said. “Being able to adapt to constant change is crucial.” Ellis isn’t afraid to take on new projects and challenges, and he doesn’t mind learning ...

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## Test To Help You Stop The Little Things From Taking Over Your Life