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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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are hot. Meanwhile, Mortensen says, don't sweat the small stuff.

*Don't sweat the small stuff - Idioms by The  
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Don't Sweat the Small Stuff... and It's All  
Small Stuff Hardcover – January 1, 1997.  
by. Richard Carlson (Author) › Visit

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## Richard Carlson

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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*

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Kristine Carlson. 4.2 out of 5 stars 70.  
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of inner peace with you. It's absolutely true that, "Wherever you go, there you are." ? 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*

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## *Small Stuff* Ways To Keep Your

When you're in a stressful situation, it's easy to sweat the small the stuff. However miniscule or potentially life-altering, the spectrum of life's problems warrants our attention, time and energy...

*How to Stop Sweating the Small Stuff |*

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*SUCCESS*

Ways To Keep Your  
Cool in Stressful Times  
Richard Carlson

The List: Top 25 Quotes from Don't  
Sweat the Small Stuff by Richard Carlson

That argument that you just blew up over?  
Is now just a thought that's cycling in  
your head—you can control those... Your  
favorite cup just broke? Everything has a  
beginning and everything has an end—it

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was your cup's time. ...

*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



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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.

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*Richard Carlson (author) - Wikipedia*

Don't Sweat the Small Stuff continued to be a publishing phenomenon with over 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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the back of each tear-off page. Includes day/date references and major official world holidays.

Richard Carlson

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stuff*

Richard Carlson Ph.D. was an author,  
psychotherapist, and motivational speaker,  
who rose to fame with the success of his  
best-selling book Don't Sweat the Small  
Stuff...and it's all Small Stuff (1997). He

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met and married Kristine Anderson (Kris Carlson) in 1981 while he was a student at Pepperdine University in Malibu, California.

*DON'T SWEAT THE SMALL  
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The book "Don't Sweat The Small Stuff For Teens" is a guidance for the teenage lifes and experiences; Richard Carlson connects to most of the chapters. The chapter that interest me was dont sweat the break up. This chapter is intersting and i believe that most teens need advice of those kind of things such as:love and



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millions who read Don't Sweat the Small Stuff, this inspiring new workbook has been designed to help put the book's principles into practice.

*Richard Carlson's Books - Don't Sweat  
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“Don't sweat the small stuff,” he said.

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