



The " Don't Sweat the Small Stuff...and it's All Small Stuff: Workbook: Exercises, Questions and Self-tests to Help You Keep the Little Things from Taking Over Your Life

Richard Carlson

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In his bestselling Don't Sweat the Small Stuff, Richard Carlson encouraged us to live our lives in a calmer and less stressful way. Now in this companion book, he makes it even easier to incorporate these suggestions into your daily life. Including exercises to ensure you confidently act upon decisions you take, tests to help work out your strong and weak points, and guidance on real-life situations, The Don't Sweat the Small Stuff Workbook will encourage us above all to never let the little things in life get us down.

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