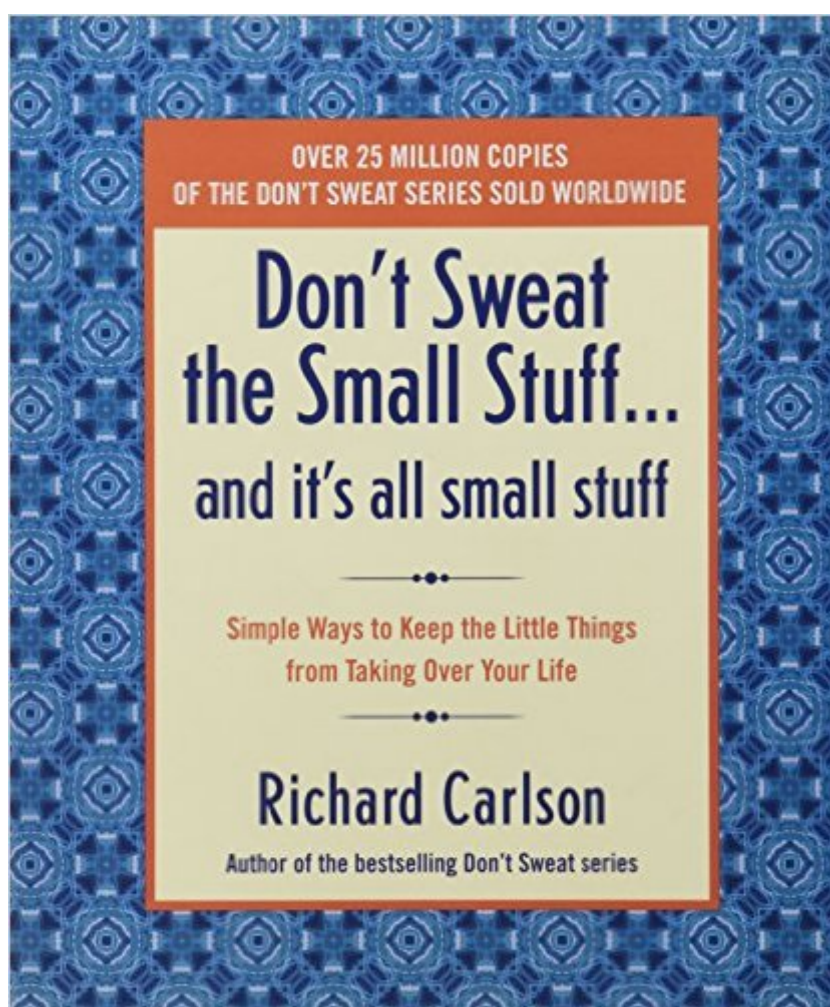


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Don't Sweat The Small Stuff And It's All Small Stuff: Simple Ways To Keep The Little Things From Taking Over Your Life (Don't Sweat The Small Stuff Series)



Synopsis

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. 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

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 proof many among us must be anxiety-ridden and looking for answers. Say to yourself: "Life isn't an emergency" advises Dr. Carlson, and admits this is his essential strategy on how to keep little things from taking over your life. Then, along with this, he confronts the reader with the realization (often unrecognized) that life is made up of "little things." Each of the hundred short chapters contains ideas and true-life examples of how to work around the little things so life will be more livable and

enjoyable minute-by-minute, hour-by-hour. It would seem that adopting even one of these sometimes profound, sometimes simplistic concepts of living, you can relieve stress in your life; more importantly, life will be a lot more fun. Examples: Live in the present. When you look around, it's easy to see no one has a guarantee he or she will be here tomorrow; right now is the only time we have control over. When we focus on the present moment, fear of what might happen in the future (and most of these fearful events never happen) goes away so we are more relaxed. Become more patient. Don't interrupt others or finish their sentences (a sign of impatience that says, "I'm waiting for you to finish so I can talk"). The more patient you are, the more you will accept how it really is, rather than insisting that life should be as you would like it to be. Patience adds ease and acceptance of life so essential for inner peace. Allowing the other person to finish speaking is a mark of patience which improves relationships. Those you are talking with feel more relaxed because they feel you are listening to what they have to say. Result; you enjoy conversations more and are more relaxed rather than rushing through them. "One thing at a time." Admonishes Carlson. When you do too many things at once, it's impossible to concentrate on the present moment. Result: You cannot fully enjoy the moment because you are less effective and focused. Here are some chapter titles that illustrate the broad range of anti-anxiety subject matter covered in the book: "Surrender to the Fact that Life Isn't Fair; "Allow Yourself to be Bored; "Seek First to Understand; "Become Aware of Your Moods and Don't Allow Yourself to be Fooled by the Low Ones; "Practice Random Acts of Kindness; "Choose Being Kind Over Being Right; "Every Day, Tell at Least One Person Something You Like, Admire or Appreciate About Them; "Resist The Urge to Criticize; "Write Down Your Five Most Stubborn Positions and See if You Can Soften Them; "Become a Less Aggressive Driver; "Think of What You Have Instead of What You Want; "Think of Your Problems as Potential Teachers; "Get Comfortable Not Knowing; "Remember, One Hundred Years from Now, All New People; "Mind Your Own Business; "Live This Day as if it Were Your Last. It Might Be!" "Don't Sweat the Small Stuff" is a sprightly blend of old ideas and new ideas on how to cope with the fiendish pace of the Information Age. You won't recognize most of the old ideas though, because Author Carlson has dressed them up to fit today. In a gentle way, there's something rewarding here for almost everybody.

I love this book because it is so small that I can carry it with me in my purse. I like to get it out on a break at work and read a chapter on what I feel I need help with; it always picks me up and encourages me. What simple and brief yet wonderful advice! As I read I highlight the areas most applicable to me so that next time I read it I can read exactly what I most need to hear. Most

chapters have a space that I use for notes and comments. Keep in mind that this is not a quick read. To make real changes in your life, I recommend this book should be read slowly, one to three chapters a day. When I first began, I tried to read straight through but it just goes in one ear and out the other. You have to read a chapter, stop, and think about it to best apply it to your life and make it work for you. One of my favorite chapters is chapter six: REMIND YOURSELF THAT WHEN YOU DIE, YOUR "IN BASKET" WON'T BE EMPTY. I think the whole world should read this chapter! Here is an sample: "SO MANY OF US LIVE OUR LIVES AS IF THE SECRET PURPOSE IS TO SOMEHOW GET EVERYTHING DONE....OFTEN WE CONVINCE OURSELVES THAT OUR OBSESSION WITH OUR "TO DO" LIST IS ONLY TEMPORARY--THAT ONCE WE GET THROUGHT THE LIST, WE'LL BE CALM, RELAXED AND HAPPY. BUT IN REALITY, THIS RARELY HAPPENS. AS ITEMS ARE CHECKED OFF, NEW ONES SIMPLY REPLACE THEM. THE NATURE OF YOUR "IN BASKET" IS THAT IT'S MEANT TO HAVE ITEMS TO BE COMPLETED IN IT--IT'S NOT MEANT TO BE EMPTY....REMEMBER THAT NOTHING IS MORE IMPORTANT THAN YOUR OWN SENSE OF HAPPINESS AND INNER PEACE AND THAT OF YOUR LOVED ONES. IF YOU ARE OBSESSED WITH GETTING EVERYTHING DONE, YOU'LL NEVER HAVE A SENSE OF WELL-BEING! IN REALITY, ALMOST EVERYTHING CAN WAIT...THE PURPOSE OF LIFE ISN'T TO GET IT ALL DONE BUT TO ENJOY EACH STEP ALONG THE WAY AND LIVE A LIFE FILLED WITH LOVE." The book is organized, in my opinion, to be read in any order you want. Some chapters may be useful to you and some may not now but perhaps later on in your life. I find it very motivational. I think you will enjoy it also. DON'T SWEAT THE SMALL STUFF...AND IT'S ALL SMALL STUFF--WORDS TO LIVE BY!

A friend of mine suggested I get this book recently. I felt stressed in a number of areas in my life and when I started reading this I understood why she suggested it to me. Some of Carlson's thoughts and exercises are great and good reminders of what the real priorities in life are about. Learning to "let go" or thinking about the overall picture. I was worried about whether a relationship I'm in would work out or not and I thought of the "Will this really matter a year from now" exercise. And also the chapter on "The Snowball Effect of Your Thinking." A lot of the things in here are kind of common sense, but we never stop to think about these ideas. Things like "Choosing Your Battles Wisely" or "Becoming a Better Listener" just for example. This book is truly one about ways to improve your life as well as being able to step back, take a deep breath and enjoy life.

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