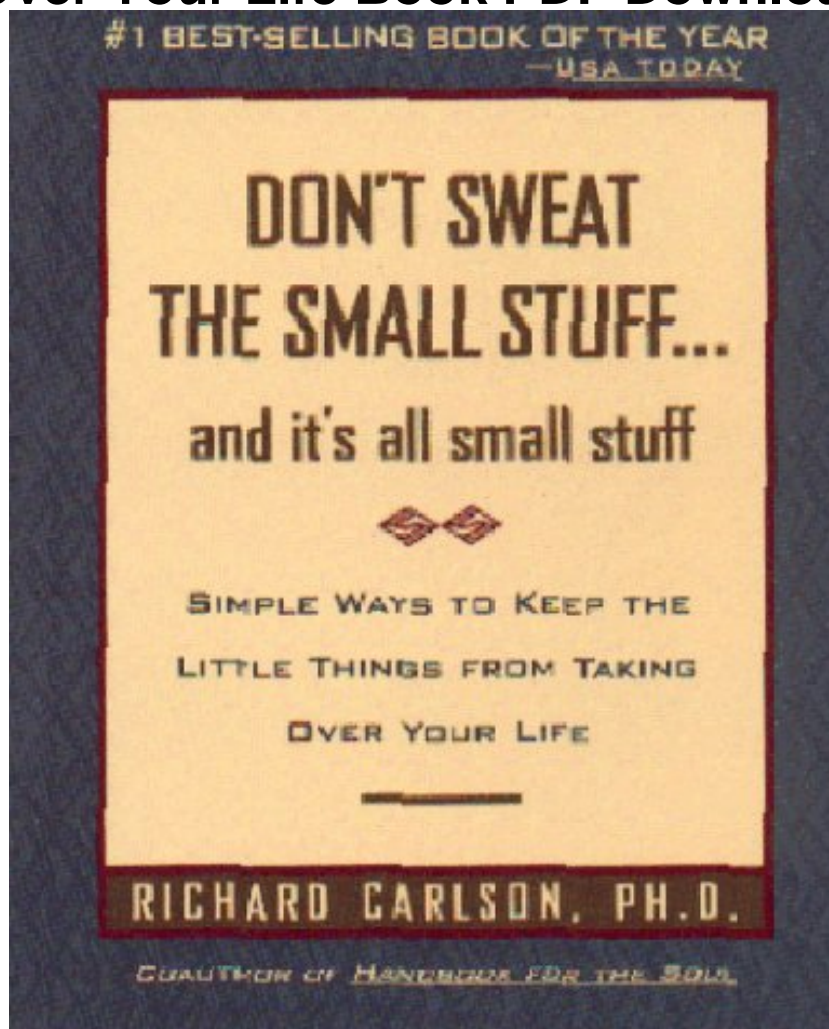


Don't Sweat the Small Stuff ... and it's all small stuff: Simple Ways to Keep the Little Things from Taking Over Your Life Book PDF Download



By:
Richard Carlson

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What people Say:

Danielle The Book Huntress (Back to the Books)

I am not much of a self-help reader (occasionally I will read a Christian living/theology book but that's really it), but I recommend this book to

. There are some real pearls of wisdom therein (if you will pardon the cliché'). I definitely believe some of these strategies are intuitive, that you probably utilize some as survival mechanisms in your daily routine, just to get through the day and dealing with others. But it never hurts to get a gentle reminder. My recommendation is to keep

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. There are some real pearls of wisdom therein (if you will pardon the cliché'). I definitely believe some of these strategies are intuitive, that you probably utilize some as survival mechanisms in your daily routine, just to get through the day and dealing with others. But it never hurts to get a gentle reminder. My recommendation is to keep this book at work in your drawer, or in your tote bag. Pull it out when you need a few minutes to recharge your juices. You will find yourself putting some of these tips to use right away. As a shy, conflict-avoiding person who went into a field where I have to deal with people (often difficult and often stressed and not always pleasant) everyday, I think anyone who has to be around and communicate with others heavily can use these skills in this book.

What I really like about this book is how easy it is to read. Although Dr. Carlson is a PhD, he doesn't write in such a way to sound more scholarly and less down to earth. And this book is fairly inexpensive. I got it for \$9 at Barnes and Noble. I'm sure you can find it even cheaper if you tried. I believe his goal really is to help. He uses a friendly, conversation writing style that is very down to earth and concise (He sorts of reminds me of Christian writer Max Lucado in that sense). Each chapter is no more than three pages at the most, but so much good information is included, plus personal examples of how the strategy was used by the author. Nothing like seeing that the writer struggles in the same ways as the rest of us.

Update One: This week, I had one of those Mondays you really don't want to have. I pulled this book out of my tote and started reading it. It helped me to feel better because it really does put things into perspective. We make big deals out of stuff that we really shouldn't. We make our lives into soap operas when they don't have to be. Why? It's such a waste of energy that we could be using to fuel our daily lives in better, more productive ways. With a fringe benefit of leaving us plenty of energy to be content and enjoy our lives. Dr. Carlson really gets to the heart of that in this book.

At the time of update one, I was still reading this book. I started this review before I finished the book, in order to get some of my thoughts down (before they fly out of my head).

Some lessons from this book that I applied to my life this week:

-Don't sweat the small stuff (the titular lesson--which bears repeating as a daily mantra)

-Develop your compassion

Mohammed Alsaleh

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Kelly H. (Maybedog)

Okay so it's not "cool" to read self-help books and, frankly, most of them give me the heebie jeebies, but I think this book was kind of spot-on. I liked how the ideas were presented in small vignettes instead of a massive tome that overwhelms more than inspires. I think Carlson has a good point in suggesting that maybe we make a big deal out of things that aren't such a big deal. I'm a pretty easy going person for the most part (oh, except for that depression thing) and a lot of what he says re

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In general, this is a book for someone who's a little too uptight, a little too stressed, and a little too much of a worrier.

Salymar

STRESSED?

Once I get over pressured, the second thing I always do is to read this book(of course the first and foremost is to pray).

When we are pressured and stressed, we waste our time minding the tinsy minsy stuff in this world instead of fixing and turning our faces into what really pushes us into the edge.

This inspiring book tells us literally NOT TO SWEAT THE SMALL STUFF and to stop the things that slow our progress in attaining a life free from stress.

In the struggle of attaining freedom fr

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This inspiring book tells us literally NOT TO SWEAT THE SMALL STUFF and to stop the things that slow our progress in attaining a life free from stress.

In the struggle of attaining freedom from stress, it is hard to accept that those we're feeling are training us to become something bigger and stronger.