

## Dont Sweat the Small Stuff, and Its All Small Stuff



Are the little things in life driving you crazy? Isn't it time you put these small annoyances into perspective once and for all? This #1 New York Times best seller - now available unabridged - offers suggestions for daily changes that can add up to a more relaxed, stress-free you. In thoughtful and insightful language, author Richard Carlson reveals ways to calm down, live in the present moment, let others have the glory at times, lower your tolerance to stress, trust your intuitions, and ultimately live each day as if it might be your last.

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