



# Don't Sweat the Small Stuff... and it's all small stuff

*Richard Carlson*

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**Don't Sweat the Small Stuff... and it's all small stuff** Richard Carlson

*An alternate cover edition exists here.*

Don't Sweat the Small Stuff... and it's all small stuff is a book that shows 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 in perspective by making the small daily changes he suggests, including advice such as "Think of your problems as potential teachers"; "Remember that when you die, your 'In' box won't be empty"; and "Do one thing at a time." You should also try to live in the present moment, let others have the glory at times, and lower your tolerance to stress. You can write down your most stubborn positions and see if you can soften them, learn to trust your intuitions, and live each day as if 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.

## Don't Sweat the Small Stuff... and it's all small stuff Details

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Author : Richard Carlson

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# **From Reader Review Don't Sweat the Small Stuff... and it's all small stuff for online ebook**

## **Brittany says**

Sounds dramatic but this book has been life changing for me in how I approach life. How had I never read this!!! Not only have I read it twice, I took detailed notes and bought the audio book so I have it playing in my car on repeat. I am someone who has always had bad anxiety and it's helped me tremendously, but the real value and difference comes in constantly reinforcing and reminding myself these lessons every single day otherwise I just go back into my old habits.

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## **Salymar says**

### **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 from stress, it is hard to accept that those we're feeling are training us to become something bigger and stronger.

And because of this book, I think that is how life works.

We have to remind ourselves to go with the flow and not to break in those difficult times. Fighting the pressure is often what pushes us to the edge.

This book tells us to look optimistically at things and more importantly...stress. haha!

Lastly, the book opens up the true purpose of life beneath our trials and struggle.

And that we should value EVERY PIECE of our life :)

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## **Cham Cuartero says**

Ever felt like the whole world has turned its back on you? Lost your job, got buried in debt, drifted away from your loved-ones?

Haven't we all?

Each of us go through trying times in our lives. I cannot remember a single person who can claim that he/she has never gone through tough times in his/her life. The problems that we face vary from one individual to another and the gravity of such depends on our varying priorities in life.

The past few months have been very challenging from me. A roller coaster ride of emotions I had to survive. Planning our wedding, adjusting to married life, managing our family finances, quitting my job... the list can be endless... There were several times when I feel like tearing all my hair out of frustration (Thank God I didn't!).

I believe there is no fool-proof formula to solving all of our problems. We cannot control the issues that come up, when they could come up, and when they would go away... There is only one thing that we can control - our ATTITUDE.

I borrowed a copy of this little book DON'T SWEAT THE SMALL STUFF by Richard Carlson from our HR Officer. I turned out that she doesn't own the book (Hehe!) and the book actually belongs to another one of our colleagues. I had to trade-in one of my own books for the meantime so that I can proceed with kidnapping the said book (Bwahaha!)

DON'T SWEAT contains 100 short essays on how we can handle the challenges that come to our lives. It is about having the right attitude which will eventually clear up our minds on formulating action plans to solve our problems in life. It tells about how to deal with the usual "downs" in our days.

I read the book one-essay-a-day. It sticks better that way. It's not the kind of book which you finish in one sitting. For the past 63 days of life, this has been my daily food for thought... my daily dose of relax-and-enjoy-life vitamins.

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## **Steve Woods says**

Snippets of good behavioral advice that anyone can accept....but putting them into practice? Like so many books of the "self help" variety, all good stuff however people who are strongly locked into behaving in ways that are contrary to the direction being proposed here might find this book and so many others like it, just another stick to beat themselves with for not being OK. The kinds of change that are required of people to have the behavioral changes described here take root are transformative, that normally requires change at depth through long and arduous spiritual work. This doesn't beg the value of the advice given just the presumption that a quick read and an "uh huh" will bring about the changes necessary to alter habitual behavior.

Books offering quick fix paths to happiness are often delusional in their intent, if not in their content. In this case some good stuff, particularly if it were to encourage some self examination at depth...and support the work that might flow from it.

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## Kelly H. (Maybedog) says

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 reflects my own philosophy. There were even a few new suggestions that I thought were helpful.

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.

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## Mohammed Alsaleh says

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## Venkataraman Kumbakonam S. says

This is an excellent book that could change the readers' behavior for the better.

The history of the book itself reveals how the author is ever ready to learn from the day-to-day happenings of life. He got the idea of the title 'Don't sweat the Small Stuff' from Dr. Wayne W. Dyer in the course of business correspondence; and he has developed it as a valuable book for all.

There are one hundred maxims in the book, all of which deserve serious consideration. For the benefit of my readers, I shall list ten of them that belong to the first class.

1. Don't sweat the small stuff.
2. Let go the idea that gentle, relaxed people can't be super achievers.
3. Don't interrupt others or finish their sentences.
4. Learn to live in the present moment.
5. Become a better listener.
6. Choose your battles wisely.
7. Remember that everything has God's fingerprints on it.
8. Practice ignoring your negative thoughts.

9. Take up Yoga.
10. Mind your own business.

This book would certainly help anybody to gain a more realistic and relaxed attitude toward life in general.

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### Sarah Samir says

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### Danielle The Book Huntress (Back to the Books) says

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 **everyone**. 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
- Remind yourself that when you die, your 'in basket' won't be empty
- Choose your battles wisely
- Become a better listener
- Choose being kind over being right
- Practice humility

Final update:

What a rewarding reading experience. This is the one self-help book you really should read. It doesn't matter if you're religious, atheist, whatever. You can gain some wonderful insight from this book. At the final reading, I could see how the advice in this book would have helped me in a challenge I faced a day or so before. It still helps on the other end, giving me the insight to look at things from a more healthy viewpoint. Stress kills, and I have come to the realization that I don't want to die from stress-related health problems, which I could be on the fast track to doing if I don't change my outlook.

This book helped me today. I had to deal with a person that I did not have a good experience with the first time around. The advice this book gave me about listening to someone and what that person is truly saying, and trying not to interrupt, and trying to see the 'innocence' in them, well it was simply invaluable. I promise, I am not the type to hype self-help books! But I can't help but praise this one.

Some of the powerful things I read about today:

- Turn Your Melodrama into a Mellow-drama
- Practice Ignoring Your Negative Thoughts
- Be Happy Where You Are
- Quiet the Mind
- Think of Your Problem as Potential Teachers
- Get Comfortable Not Knowing
- Acknowledge the Totality of Your Being
- Cut Yourself Some Slack

- Stop Blaming Others
  - Transform Your Relationship to Your Problems
  - The Next Time You Find Yourself in an Argument, Rather than Defend Your Position, See if You Can See the Other Point of View First
  - Listen to Your Feelings (They Are Trying to Tell You Something)
  - Redefine a "Meaningful Accomplishment"
  - If Someone Throws You the Ball, You Don't Have to Catch It
  - One More Passing Show
  - Realize the Power of Your Own Thoughts
- and a very good lesson for me.... Trust Your Instinctive Heart!

I am so glad I bought this book. It will not be one that I shove to the back of my bookshelf, to pull out rarely, if ever. It's going to be one that I carry around with me as I walk through life. It won't replace the Bible for me. It's not that kind of book. But whatever your belief is, it never hurts to put things into perspective. And that is the simple message of this book. You can learn to realize that the small stuff isn't worth all the drama, and in the sum of things it's all small stuff, as the title says.

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## Salman says

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### Julia says

This book was on the nightstand in a friend's guest room where I stayed recently - its natural habitat, I suppose; where else would you expect to find a book like this?

I read it over breakfast and it offers a bunch of tips on cultivating acceptance and loving kindness:

- Imagine an irritating person as a tiny infant and then as a 100-year-old (OK, this made me tear up);
- When someone criticizes you, start by agreeing with them (valuable skill!);
- Nurture a plant - talk to the plant, tell it you love it (I thought about the lavender struggling for life on my kitchen windowsill and promised it that I would do better?)

There's a fair number of vaguely condescending and obnoxious parables from the author's own life, and I'll be disregarding his repeated suggestion to wake up at 430am to write and meditate (glad it works for you, though, buddy!)

If you've been to a yoga class or flirted with meditation, a lot of this will probably sound familiar or maybe even be second nature to you already, but it's a nice book and I felt a little more loving and kind after reading it.