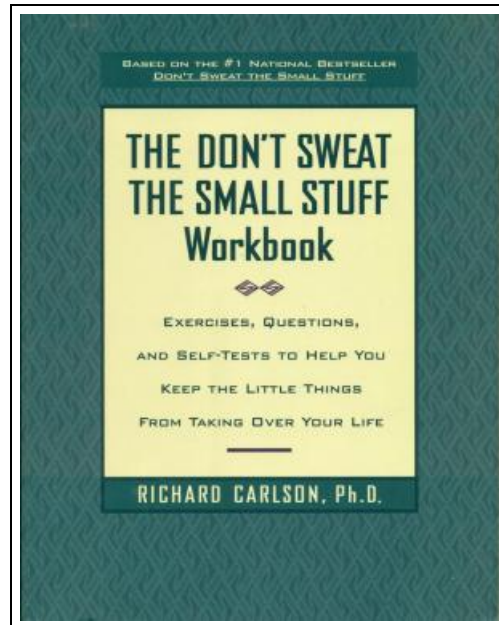


THE DON'T SWEAT THE SMALL STUFF WORKBOOK : Exercises, Questions, and Self-Tests to Help You Keep the Little Things From Taking Over Your Life



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Reviews

This is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).
(Scottie Schroeder DDS)

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Hyperion, New York, NY, 1998. Soft Cover. Book Condition: NEW. First Edition, 4th Printing. Psychotherapist and prolific author Richard Carlson (1961 - 2006) helped many with his book, Don't Sweat the Small Stuff. and its all Small Stuff (1997), which was translated and published in 135 countries. This Workbook, designed to supplement Don't Sweat the Small Stuff, is an aid to put the book's principles into practice. Includes exercises, questions, and self-tests to help one put things into perspective and keep the little things from taking over one's life.

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