

Don't Sweat *the* Small Stuff *and It's All Small Stuff*

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SIMPLE WAYS TO KEEP THE LITTLE THINGS
FROM TAKING OVER YOUR LIFE

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FOREWORDS by ROBIN SHARMA and KRISTINE CARLSON

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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)



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This groundbreaking inspirational guide--a classic in the self-help genre--shows you how exactly to put challenges in perspective, reduce stress and anxiety through small daily changes, and find the path to achieving your targets. Among the insights it reveals are how exactly to: Think of your problems as potential "teachers" Do a very important factor at a time Share glory with others Learn to trust your intuitions



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