

BASED ON THE #1 NATIONAL BESTSELLER
DON'T SWEAT THE SMALL STUFF

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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Richard Carlson

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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For the millions who've browse Don't Sweat the Small Stuff, this inspiring new workbook has been made to help put the book's concepts into practice. Contains exercises, questions, and self-tests designed to help visitors put stuff into perspective and keep the little things from taking over their lives.



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