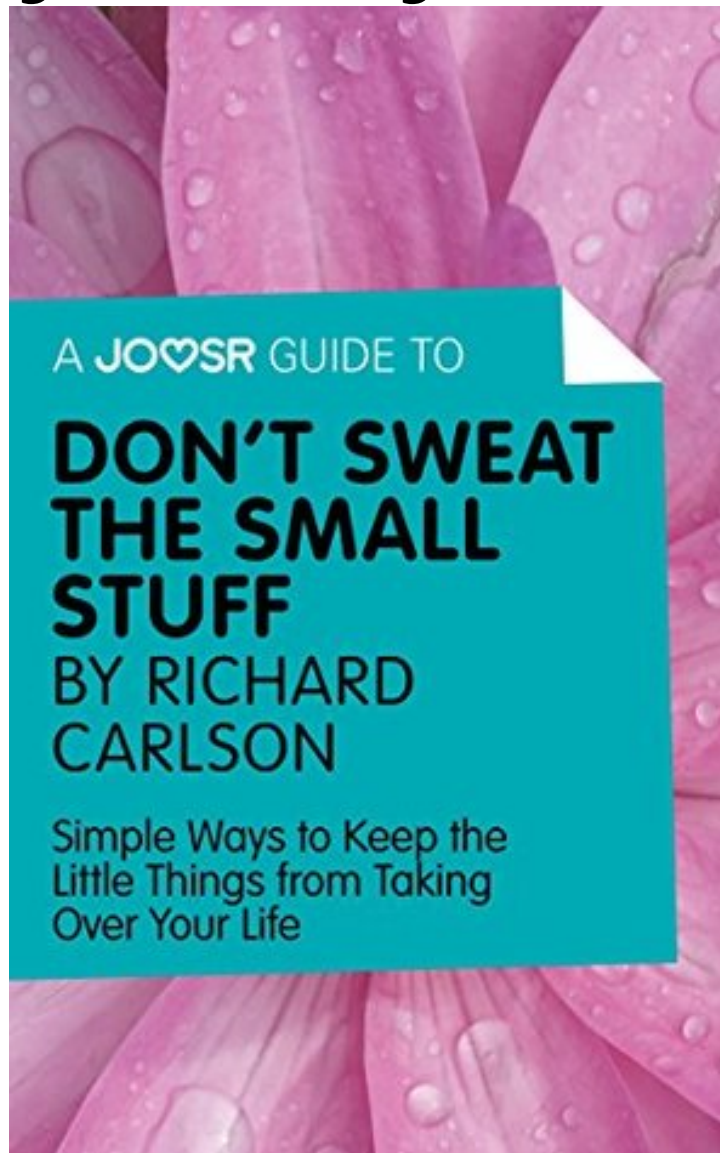


A Joosr Guide to... Don't Sweat the Small Stuff by Richard Carlson: Simple Ways to Keep the Little Things from Taking Over Your Life



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com. How is it that the small stuff can seem so big and important that we let it interfere with what really matters? Find out how to rise above the everyday small annoyances in life in order to appreciate the positives and the people around you. Don't Sweat the Small Stuff reveals that the every day small stuff we worry and obsess about really doesn't matter at all. In a life affirming and encouraging style, it outlines what you can do to reflect and reprioritize in order to restore balance in your own life. Instead of worrying about the little things, you will realize that it's more important to strengthen relationships and show appreciation for what you have. When you learn to do so, the small stuff will melt away and you will become a happier person living a more positive life. You will learn: · Why it is important to always show kindness to the people around you · How practicing patience will ultimately make you a happier person · Why acceptance is the best cure for perfectionism.

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