



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

Richard Carlson

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Does your life seem to have as many ups and downs as a soap opera? Then let this little book that spent 100 weeks on THE NEW YORK TIMES bestseller list show you how to stop blowing things out of proportion, stop worrying about things that might happen (but probably won't), stop obsessing about things you can't change and things that just don't matter--and start living!

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