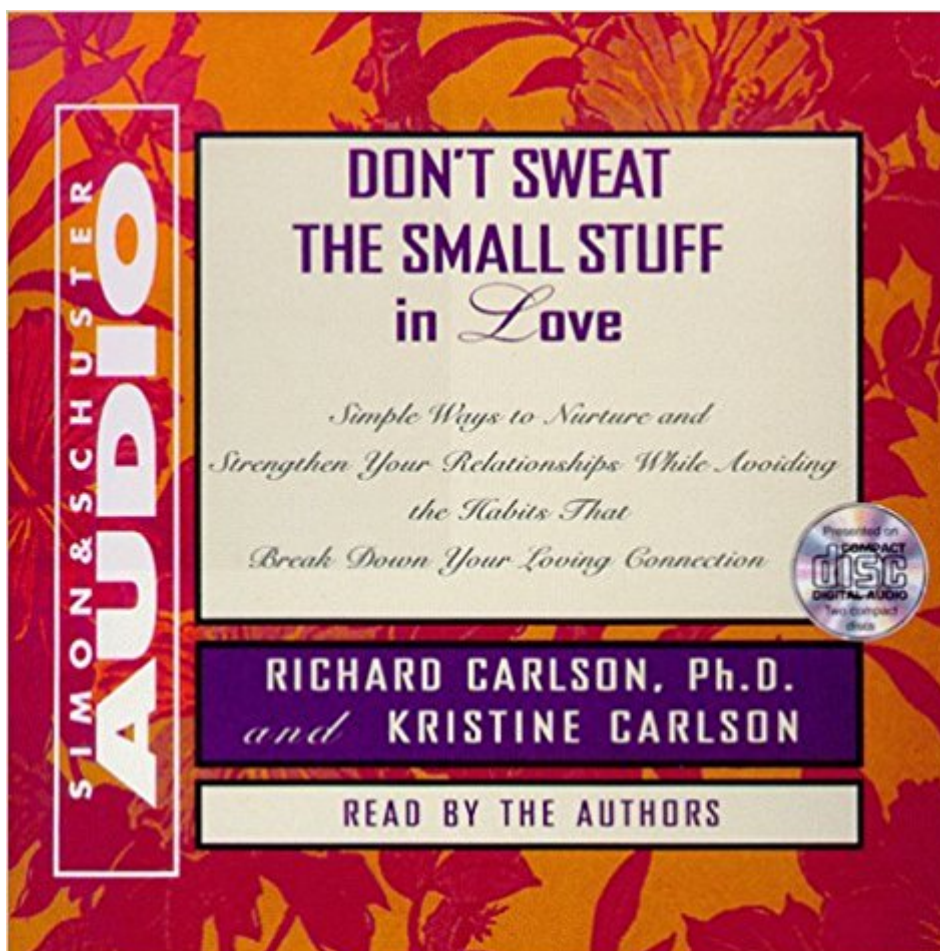


The book was found

Don't Sweat The Small Stuff In Love



Synopsis

Richard Carlson has helped millions of people reduce the stress in their everyday lives, with their families, and in the workplace, with his *Don't Sweat the Small Stuff* national bestsellers. Now, he and his wife, Kris, tell readers how to apply this immensely popular and helpful philosophy to one of the most important aspects of life -- the love relationship. Heartache, anger, insecurities, and just the daily hassles of living together can cause friction in even the most happy couples. And for people who've been together for years, there's the problem of simply taking each other for granted, and not putting enough energy into keeping the relationship vivid and alive. *Don't Sweat the Small Stuff in Love* tells couples how to live together with revived passion, how not to let the little everyday irritations get to them, and how to appreciate each other in new and exciting ways. In beautifully written but very practical essays, Richard and Kris Carlson tell listeners how not to overreact to a loved one's criticism, how to get past old angers, how to let go of your top three pet peeves, and how to choose peace over irritation. They include such helpful advice as thinking before you speak, learning to cast away jealousy, avoiding one-upping, and not confusing your own frustration with a problem in the relationship. Essays such as "Try Not to Treat Ordinary Stuff Like Front-Page News" and "Become a Low-Maintenance Partner" will spur discussion with your spouse that will shed new light on even the longest-term relationships. *Don't Sweat the Small Stuff in Love* is the audiobook that will help make you and your partner's life together more peaceful, less stressful, and more fun.

Book Information

Audio CD

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Customer Reviews

This little book packs a lot of love advice. "Whatever shape your relationship is in--from troubled to

absolutely wonderful--it can be even better, with very little effort," promise husband and wife Richard and Kristine Carlson. (Richard Carlson's original *Don't Sweat the Small Stuff* has sold more than a million copies.) In 100 essays, you learn simple strategies that "lighten your spirits, open your heart, enhance your life, and broaden your perspective." A tall order for a tiny book! (Actually, the book is only tiny because the print is small enough to make boomers and older readers wonder if they need stronger reading glasses--who made that silly decision?) Many of the two- to three-page essay topics are familiar tips you've probably encountered before--let go of past history, be best friends, stop keeping score, be kind, express your love, be a good listener, and remember that your partner can't read your mind, for example. But even though they aren't earth-shaking or revolutionary, having 100 of them in one book makes it easy to read chapters with your partner and share views, discussing ways to put each strategy into action. And certainly if you use even a quarter of these relationship reminders, you and your partner can't help but become closer. This is the first book Richard has written with his wife, Kristine. The essays grew out of what the Carlsons have learned about keeping a relationship vital and loving over 14 years of marriage. --Joan Price --This text refers to an out of print or unavailable edition of this title.

Praise for *Don't Sweat the Small Stuff*: "Over a decade of positive psychology research seems to validate what we learned twenty years ago from *Don't Sweat the Small Stuff*. . . . These wonderful books help break down and simplify how to achieve that happiness." •Shawn Achor, bestselling author of *The Happiness Advantage* "After almost two decades since the original release of *Don't Sweat the Small Stuff*, Richard Carlson's insights on the meaning of life continue to be timeless. The book teaches us to focus on the 'now' and find balance by living through contentment." •Deepak Chopra

I love *Don't Sweat the Small Stuff* so I am excited to read this. Thank you

When I first started reading, I thought that the book may be too simple. They didn't give 10 step processes or long exercises to do in order to get past problems. Then I realized that all of that would have been confusing and unnecessary. This book is a great reminder and introduction to many ideas that make relationships work. Life doesn't have to be complex, a fact they reinforce by having short, simple lessons you can read through.

This book was in decent shape and it was clean. Reading - it has some really good pointers to pay

attention to. So far so good! All of these series are bookshelf worthy and a good reminder to yourself - to not sweat the small things.

LOVE this book! It's full of realistic, sometimes basic, and sometimes in depth examples of how to really make marriage work. This is a great book for couples of any age, or married any length of time. My husband of 25 years and I still find ourselves going back to some of the chapters . I especially love giving this book to couples engaged or just married. What a great way to start married life: so full of solid truths and helps.

Great reminders for not letting the little things get to me. I like to read this before bed to ease my mind and put me on a positive mood. I also have the original version of this book and love that one as well!

Great book....read the short chapters with your partner/husband/wife. So much information and helpful thoughts written in clear way, not a lot of mumbo jumbo to wade through, I highly recommend this and all books in this series. There's one for teens, and others...one that is simply Don't Sweat the Small Stuff..It's all Small Stuff. Love these books!

I have learned a few technique on how to curb down my insecurities and jealousy. I was really trying to practice what I have learned here to the extent that, even when I knew there were tell-tale signs of my long distance boyfriend having relationships again where he is at, I sort of attributed my sixth sense to my insecurity. I wish I got to the chapter that talked about cheating sooner.

This is one of the best books you can buy to help protect your marriage. Many common sense tips that are hard to think of when you are in the middle of the hard work of marriage. Buy it!!!!

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