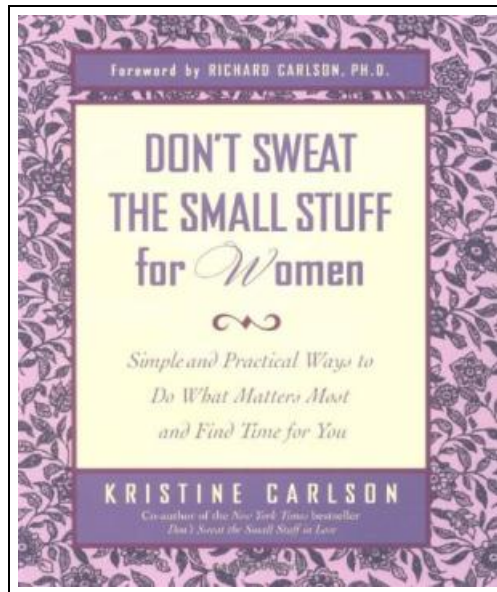


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DON'T SWEAT THE SMALL STUFF FOR WOMEN: SIMPLE AND PRATICAL WAYS TO DO WHAT MATTERS MOST AND FIND TIME FOR YOU

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Boston, Massachusetts, U.S.A.: Hyperion Books, Boston, Massachusetts, U.S.A., 2001. Soft cover. Book Condition: New. 1st Edition. Book Description: For women everywhere encouraging and soothing advice on reducing stress and increasing enjoyment, from the co-author of the New York Times bestseller *Don't Sweat the Small Stuff in Love*. With more than 12 million copies sold and still going strong, the *Don't Sweat the Small Stuff* series has helped countless readers rethink the way they address life's big and small problems. Now in a book written specifically for women, Kristine Carlson offers the same calming and encouraging advice in 100 short and spirited essays. *Don't Sweat the Small Stuff for Women* addresses such important and timely issues as balancing family and work demands, debating effectively with spouses and partners, dealing with children and friendships, finding time for reflection and self-care, and much more. With clever and memorable titles as *Don't Be a Backseat Driver (Unless It Could Save Your Life)*, *Know Your Hot Spots*, *Make Peace with the Mundane*, and *Stop Comparing Yourself to the Media Measuring Stick*, Kristine Carlson helps readers focus on what's really important, keep in touch with their feelings, live with spirit, and when all else fails learn to laugh. A true life-saver, this potent book is full of sage advice and comforting thoughts, from one busy woman to another. About the Author Kristine Carlson is the co-author of the New York Times bestseller *Don't Sweat the Small Stuff in Love*. She has been a guest on numerous national radio and television shows. She has run several successful businesses and has a passion for meditation and yoga. She has been married to bestselling author Richard Carlson for 15 years and is a dedicated mother to her two daughters. She and her family live in Northern California.

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