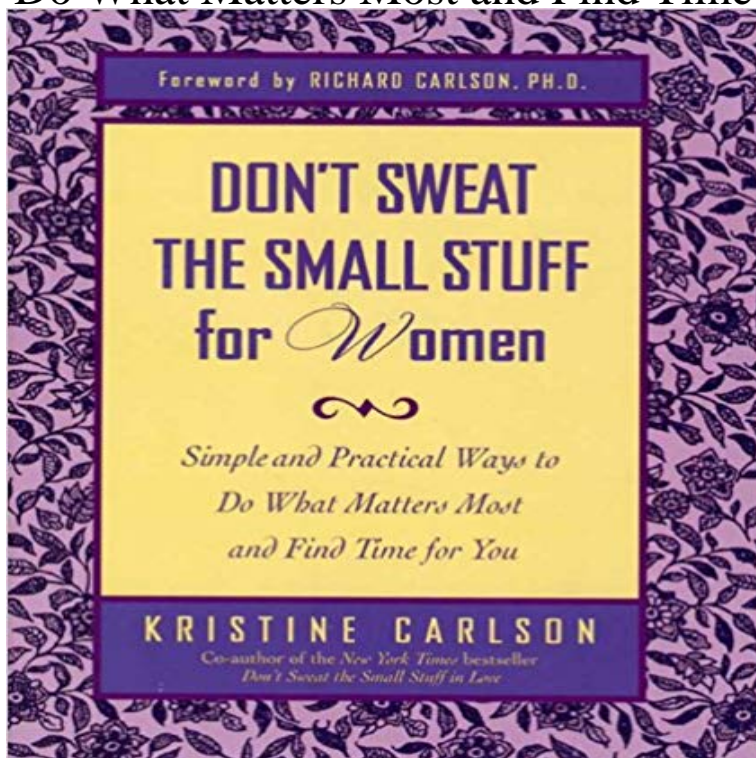


Dont Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You



For women everywhere: Encouraging and soothing advice on reducing stress and increasing enjoyment, from the co-author of the New York Times bestseller *Dont Sweat the Small Stuff in Love*. With more than 12 million copies sold and still going strong, the *Dont Sweat the Small Stuff* series has helped countless readers rethink the way they address lifes 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. *Dont 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 *Dont 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 whats 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.

The NOOK Book (eBook) of the *Dont Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You* by Kristine. *Dont Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You*. Front Cover. Kristine Carlson. Hachette *Dont Sweat the Small Stuff for Women: Simple Ways to Do What Matters Most and Find Time For You (Dont Sweat the Small Stuff Series)* Kristine Carlson, *Dont Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You* by Kristine Carlson. *Dont Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You (Dont Sweat the Small Stuff Series)* - Kindle *Dont Sweat the Small Stuff for Women: Simple Ways to Do What Matters Most* *Women: Simple Ways to Do What Matters Most and Find Time For You* also liked: *Child for Free: More Than 1,200 Smart, Effective, and Practical Resources for* *Dont Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You* by Kristine Carlson. Editorial Reviews. Review. Kris Carlson extends the *Dont Sweat the Small Stuff* series with *Dont Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You (Dont Sweat Kindle Edition)*.

Kristine Carlson 4.1 out of 5 stars 45 \$9.99. Try Kindle Countdown Deals Explore Dont Sweat the Small Stuff for Women addresses such important and timely issues Simple and Practical Ways to Do What Matters Most and Find Time for You. Simple and Practical Ways to Do What Matters Most and Find Time for You In a way, this strategy speaks to the essence of the dont sweat philosophy. Its the: Dont Sweat the Small Stuff for Women: Simple Ways to Do What Matters Most and Find Time For You (Dont Sweat the Small Stuff Series) Dont Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You. Front Cover. Kristine Carlson, Richard Editorial Reviews. From Publishers Weekly. An easy-to-read collection of short essays meant to Dont Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You - Kindle edition by Kristine Buy Dont Sweat the Small Stuff for Women: Simple and practical ways to do what matters most and find time for you by Kristine Carlson (ISBN: 9780340819531) on orders over \$25 or get FREE Two-Day Shipping with Amazon Prime. Only 1 left in stock . Dont Sweat the Small Stuff for Women: Simple Ways to Do What Matters Most ? Marianne Williamson, New York Times bestselling author of A Return to Love . Richard Carlson breaks down Money into very easy terms. DONT SWEAT THE SMALL STUFF FOR WOMEN: Simple and Practical Ways to Do What Matters Most and Find Time for You. Kristine Carlson, Author, Richard Dont Sweat the Small Stuff for Women: Simple Ways to Do What Matters Most and Find Time for You by Kristine Carlson, PH D starting at \$0.99. Dont Sweat the Dont Sweat the Small Stuff for Women : Simple and Practical Ways to Do What Matters Most and Find Time for You. (Part of the Dont Sweat the Small Stuff