



# Don't Sweat the Small Stuff 2016 Day-to-Day Calendar

*Richard Carlson*

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## **Don't Sweat the Small Stuff 2016 Day-to-Day Calendar** Richard Carlson

There seem to be many things to worry about these days . . . or are there? Best-selling author and stress-reduction expert Dr. Richard Carlson teaches that much of what we stress over is actually small stuff we are turning into big stuff. He believes we can learn to put daily stresses into perspective and transcend them. This calendar shows readers how.

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Is it you actually who having spare time subsequently spend it whole day by watching television programs or just lying down on the bed? Do you need something new? This Don't Sweat the Small Stuff 2016 Day-to-Day Calendar can be the solution, oh how comes? A book you know. You are thus out of date, spending your free time by reading in this brand-new era is common not a nerd activity. So what these guides have than the others?

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