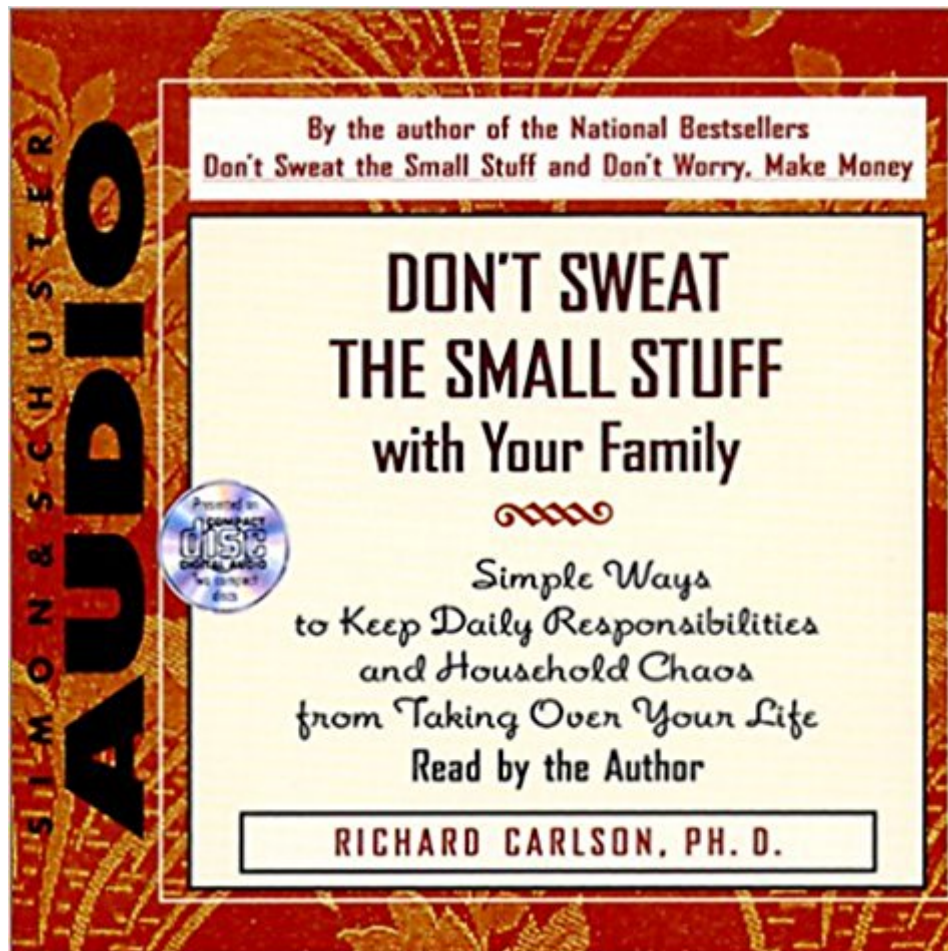




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Dont Sweat The Small Stuff With Your Family Cd



Synopsis

In his number one national bestseller, *Don't Sweat the Small Stuff*, Richard Carlson, Ph.D., showed listeners how not to let the small things in life drive them crazy. In *Don't Worry, Make Money*, also a number one bestseller, he discussed ways to have a more abundant and joyful life, all while refusing to let financial concerns overcome us. Now, in *Dont Sweat The Small Stuff With Your Family*, we hear how not to let small annoyances in our home lives get us down. From defusing kids who are whining or fighting, to working out issues with a spouse, to reducing the hassles over household chores, Richard Carlson tells us ways to make our relationships at home -- the place where it counts most -- more peaceful and loving.

Book Information

Audio CD

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Customer Reviews

Richard Carlson, Ph.D., is a frequent lecturer and stress consultant. He is the author of the bestselling *Don't Sweat the Small Stuff*, and *Don't Worry, Make Money*, among other titles. He lives with his wife and children in Northern California.

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