



Don't Sweat the Small Stuff at Work: Simple Ways to Minimize Stress and Conflict While Bringing Out the Best in Yourself and Others

By Richard Carlson

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In this classic roadmap to managing your high-tension job, Richard Carlson shows how to stop worrying about the aspects of your work beyond your control and interact more fruitfully and joyfully with colleagues, clients, and bosses. His key insights reveal how to:

- How to manage rush deadlines with rushing
- How to transform your outlook and prepare for the day ahead
- How to enjoy corporate travel
- How to have a really bad day . . . and get over it

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Editorial Review

Review

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**

"*Don't Sweat the Small Stuff* has the power to change our individual and collective lives. I am deeply grateful to Dr. Richard Carlson and his beloved wife Kristine for their wisdom and compassion in bringing transformational practices and perspectives to millions of readers."?**Shauna Shapiro, author of *The Art and Science of Mindfulness***

"Richard Carlson caused a revolution in all our thinking with his *Don't Sweat the Small Stuff* books. He was like a Zen master in disguise, taking almost an aw-shucks attitude toward shifting the culture."?**Marianne Williamson, New York Times bestselling author of *A Return to Love***

About the Author

Richard Carlson, Ph.D., was an internationally known speaker and the #1 bestselling author of *Don't Sweat the Small Stuff*, *Don't Sweat the Small Stuff About Money*, *Don't Sweat the Small Stuff with Your Family*, *Don't Sweat the Small Stuff at Work*, *Don't Sweat the Small Stuff for Teens*, and coauthor (with his wife Kristine) of *Don't Sweat the Small Stuff in Love*.

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