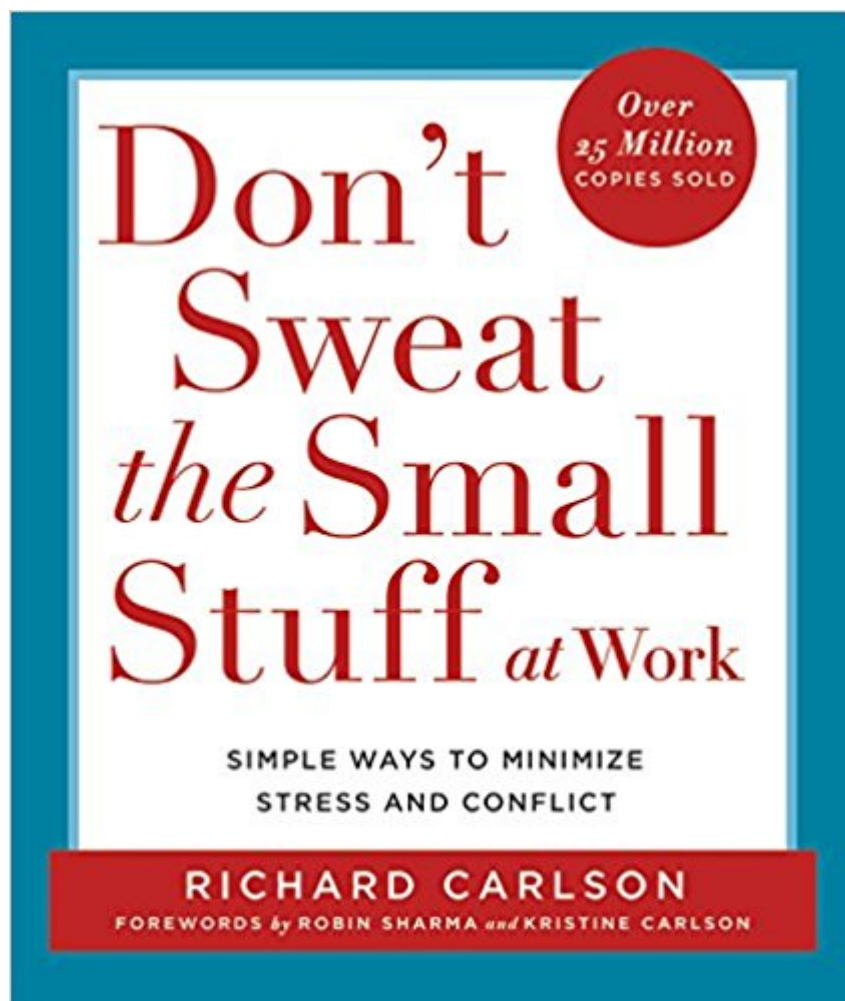


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# Don't Sweat The Small Stuff At Work



## Synopsis

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

## Book Information

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Best Sellers Rank: #45,952 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #139 in Books > Business & Money > Business Culture > Workplace Culture #166 in Books > Self-Help > Stress Management

## Customer Reviews

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

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.

I was poised to leave my current job, I already had given my notice. I was completely fed up with the job. Then I spotted this book at the local Barnes and Noble. I decided to skim it. Then, I couldn't put it down. I must have sat for more than an hour skimming it. This is not a long book. So, I read a substantial part of it. The next day, I told my boss that I was staying. After that, I bought the book from .This book helped me realize that I had been sweating the small stuff. I don't want to make it sound like the change was like flipping a switch. After all, a switch once flipped on can easily be flipped off (e.g. Seinfeld's "Serenity Now"). What meaningful change is ever easy? I know about meaningful changes. I used to weigh 200 pounds. Now, I'm fit and trim. I exercise every day. I have kept the weight off for ten years now.Changes are "grindingly difficult" (to borrow a phrase). This book may help you tip the balance in the right direction.

Mister & Ms know it all giving you a hard time?The Boss is up your assets?Don't sweat the small stuff at work. This book puts a spin on those people. Minimize your stress with the answersto conflict by leaving the bad energy behind and move onwith getting your job done and well.Put it all in perspective. Shake the haters off and becomemore ""performance driven"", move up the ladder and drop the baggage !!

Before I go to bed each night I enjoy reading a few chapters from this amazing book. The chapters are small - between 1 and 3 pages - but they contain a wealth of information that appeal to workers in an type industry. Topics such as stress-busters, taking breaks, and my favorite: making others feel good, are just a few of the ideas Dr. Carlson shares in this book. He speaks from his heart and shares examples of situations that defy time.

I have put into practice some suggestions from the first handful of chapter and have enjoyed positive results.Highly recommend this author.

I love positive psychology. As a school counselor I encourage teachers daily. The tips in this book are quick and to the point. You don't have to read the entire book at once. The format allows you to pick topic of interest.

Wonderful book. I would recommend. Small and easy to read.

Very rewarding experience

Have not finished the book yet, but it is very informative. It is the type of book you will have to read more than once.

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