



Don't Sweat the Small Stuff 2014 Day-to-Day Calendar: and it's all small stuff

Richard Carlson

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Encouraging readers to live more peacefully and with more joy, the *Don't Sweat the Small Stuff 2014 Day-to-Day Calendar* offers tried-and-true strategies to help reduce daily stress. Through short, calming meditations, simple exercises, and common-sense advice, Dr. Carlson shows readers how to stop the little, inevitable stresses of daily life from taking over and how instead to use that time and energy to develop a happier, more balanced, and compassionate life.

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