



# The Don't Sweat the Small Stuff Workbook: Exercises, Questions, and Self-Tests to Help You Keep the Little Things From Taking Over Your Life

By Richard Carlson

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## **The Don't Sweat the Small Stuff Workbook: Exercises, Questions, and Self-Tests to Help You Keep the Little Things From Taking Over Your Life** By Richard Carlson Bibliography

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### Editorial Review

#### Amazon.com Review

Sure, Richard Carlson's bestselling *Don't Sweat the Small Stuff...* contains plenty of sensible advice, but it's not always easy to follow. Enter this intriguing workbook with its universal appeal: it's aimed at anyone interested in reducing stress and improving their relationships. Designed to help you put the many peace-promoting, "just let it go" principles of *Don't Sweat the Small Stuff* into active practice, it's bursting with fun quizzes, checklists, self-tests, questions, and activities. If this doesn't instruct and inspire you to make concrete personality and life improvements, there's nothing much that will!

In one exercise, "*Lower Your Tolerance to Stress*," Carlson suggests that we'd be better off if we didn't brag about how much stress we can handle. People who do brag about their stress tolerance, he says, are usually stressed out all the time. To help you reduce your tolerance, he lists 20 signs of stress (among them: allergies, anxiety, depression, frequent headaches, and restlessness) and asks you to put a check mark next to the ones you've experienced. The next time you feel any of these symptoms, he says, you should analyze and write down how you might change your behavior in order to alleviate or prevent these problems in the future. In another exercise, "*Create 'Patience Practice Periods'*," he first asks you to analyze your level of patience (Do you drive above the speed limit? Grow furious when stuck in voice mail mazes? Feel like everyone else at the mall walks too slowly and gets in your way?). He then gives a series of hypothetical patience-killing situations--a long line at the grocery store, or slow, tricky traffic--and leaves space for you to write about how these situations would make you react.

Some exercises are true/false, some are of the never/sometimes/often/always variety, while others require thoughtful written responses. A few are by nature harder to handle than others ("*Imagine Yourself at Your Own Funeral*"), so the workbook therefore shouldn't be devoured in one sitting, but dipped into a bit at a time. This is a fine way to nurture the much-underrated concepts of empathy, forgiveness, tolerance, and kindness.

#### About the Author

**Richard Carlson**, Ph.D., was the author of the bestselling *Don't Sweat the Small Stuff* series. He passed away in 2006.

**Kristine Carlson** has a gift for creating lifelong relationships and is very dedicated to her family, friendships, and personal growth. She loves riding horses, running, and solitude. Richard and Kris were married for over 21 years. She lives in Northern California.

### Users Review

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#### **Betty Abbott:**

Have you spare time for a day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their spare time to take a stroll, shopping, or went to the actual Mall. How about open or read a book titled *The Don't Sweat the Small Stuff Workbook: Exercises, Questions, and Self-Tests to Help You Keep the Little Things From Taking Over Your Life*? Maybe it is to be best activity for you. You realize beside you can spend your time with your

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**Ronald Hopkins:**

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**Dwight McBride:**

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