



Don't Sweat the Small Stuff 2015 Day-to-Day Calendar: and it's all small stuff

Richard Carlson

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Like exercise, healthful eating, and other things that are good for you, stress management should be practiced daily, and this calendar is the perfect tool.

Delivering Dr. Carlson's expert, proven advice and strategies in easy, daily doses, this calendar shows readers how to deal with and move past life's little stresses so that they can live with more patience, love, kindness, joy--and have a whole lot more fun to boot.

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