



Don't Sweat the Small Stuff 2016 Day-to-Day Calendar

Richard Carlson

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The simple yet effective strategies in the *Don't Sweat the Small Stuff 2016 Calendar* guide readers on a daily journey toward a more joyful, peaceful, fun--and stress-free existence.

There seem to be many things to worry about these days . . . or are there? Best-selling author and stress-reduction expert Dr. Richard Carlson teaches that much of what we stress over is actually small stuff we are turning into big stuff. He believes we can learn to put daily stresses into perspective and transcend them. This calendar shows readers how.

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