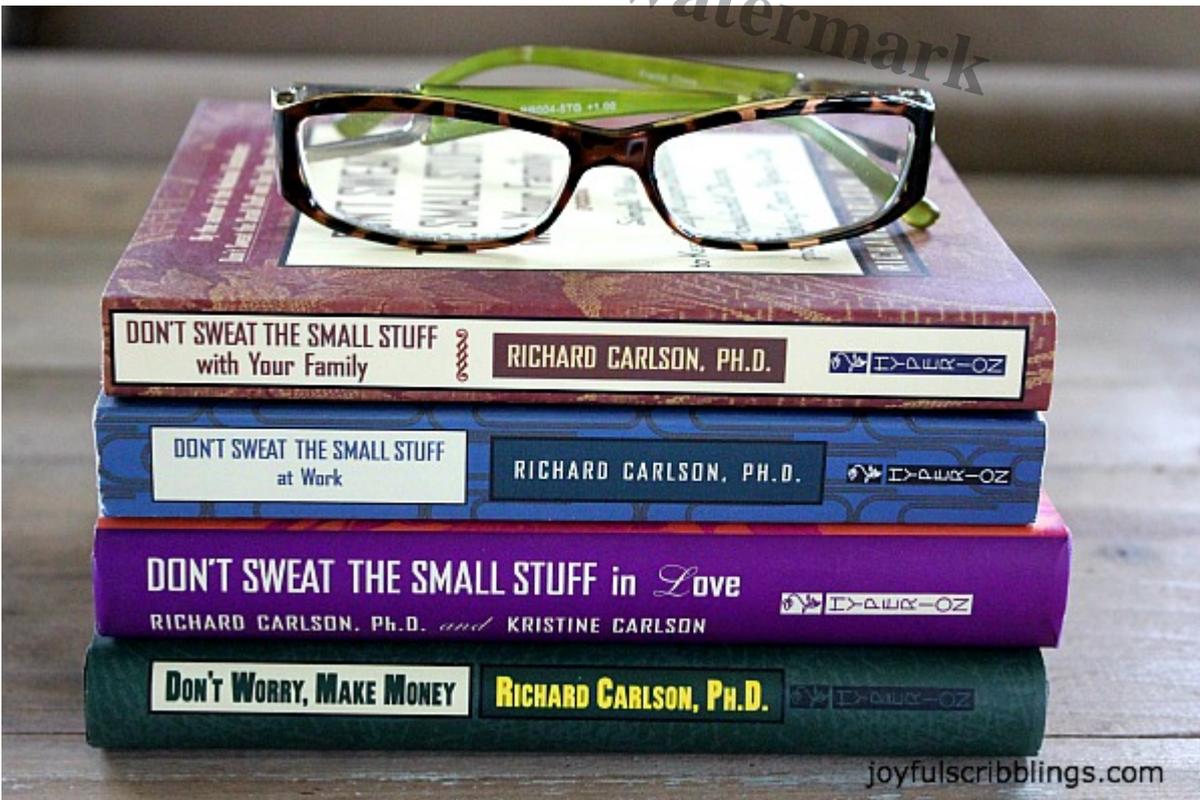


Donâ€™t Sweat The Small Stuff

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I think I have just about every book of the [Donâ€™t Sweat the Small Stuff](#) collection by Richard Carlson. It all started with [Donâ€™t Sweat the Small Stuff and itâ€™s all small stuff](#) Richard then went on to write several other books such as *Donâ€™t Sweat the Small Stuff with Money, Family, Work and in Love*. I started reading Richardâ€™s books back in the 90â€™s when they were first published. Unfortunately Richard passed away from a pulmonary embolism in 2006. I had forgotten about his

books until one day I came across an interview with his wife Kristine Carlson. Having collaborated with Richard on other books, he encouraged her to write her own book [Don't Sweat the Small Stuff for Women](#). It was one I was missing, so I downloaded it on my kindle and started reading. I have been reminded of how helpful and relevant these books are. I like that you can read a short chapter or two and then pick them up a week or two later and it doesn't matter where you left off. Each story is a reminder of what's really important and how we can adjust our thinking to be more positive.

Back in the 90s and probably still today I would have fit in well with the *Seinfeld* cast. In my late twenties a co-worker told me I reminded her of George Costanza. She didn't mean it to be mean-spirited, but I can't say it was a compliment. However, George did make us laugh. I can be pretty emotional, reactive, negative and neurotic at times. I blame it on my genes. My family is from the Northeast (need I say more). With that being said, I love the Northeast even though I've lived in Kansas most of my life. I consider the Northeast my home.

I've worked hard over the years to try to be more positive and focus on what I'm grateful for not just during the month of November, but year round. The book [Don't Worry Make Money](#) made an impact on me in terms of how I view money. It's been awhile since I read the other books although I plan to reread them at some point. I just recently read [Don't Sweat the Small Stuff for Women](#) so I thought I would share a few things I highlighted. As the holidays quickly approach I think it's even more imperative we don't sweat the small stuff.

1. I'm guilty of playing the should have, would have, could have game when things don't go as planned. Instead of dwelling on the past Kristine suggests looking at what you learned from the experience. Tell yourself, "the next time I will do things differently, but for now I'll deal with things the way they are."
2. I like things organized and I feel more relaxed on the inside when things are neat on the outside. I can easily feel overwhelmed from my household to do's and find certain tasks mundane. Kristine's advice is, "to find some comfort in doing the ordinary. If you can see it as clearing your path for the day, you will make peace with the mundane, and that will be one less mental battle to fight."
3. Kristine says, "Not feeling listened to is one of the major complaints people have in their relationships, especially those people we live with." Asking the question, "Are you asking for my opinion, or would you like if I just listen?" will help defuse any unsolicited advice. I'm quick to assume someone wants my advice when sometimes all they wanted was to vent. Many times people will want advice, but it's always best to ask first.

"Part of the adventure in life is not always knowing what's going to happen next, and the next part may be grander than your original plan. The key to enjoying the journey is being open to the unknown." Kristine Carlson

I've recently become an Amazon affiliate and in the side bar of my blog I've included a slide show of some of my all time favorite books which includes the *Don't Sweat the Small Stuff* books.

Linking to: [Ladies Only Blog Share](#)

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