



Don't Sweat the Small Stuff for Men: Simple Ways to Minimize Stress in a Competitive World (Don't Sweat the Small Stuff (Hyperion))

By Richard Carlson

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In this illuminating guide in his #1 bestselling series, Richard Carlson reveals the crucial tools with which men can relieve stress and take back control of their lives. He offers strategies for gaining more peace and joy, as well as techniques for channeling one's efforts to reap the greatest rewards, including:

- Find time to blow off steam
- Have conflict without it having you
- See things from a distance
- Invest in yourself

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