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 Don't Sweat the Small Stuff About Money illuminates how to: Learn more about the relationship between moods and money. Be aware of what you don't know, and what you're not good at. Spend the bulk of your time on the "critical inch" of your business. Avoid giving away your power.
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 Don't Sweat the Small Stuff and It's All Small Stuff is a self-development book written by Richard Carlson. The book gives simple ways to keep the little things from overtaking our lives. I learnt from Carlson that we should live our lives in a calmer and less stressful way and to be able to let go of our problems.
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 Don't sweat the small stuff" may be a popular philosophy in today's society, but according to an author and job search expert, overlooking the "small stuff" is poor advice for a recent or soon-to-be college graduate seeking that first job.
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 If we could all be more even-keeled (so we didn't sweat the small stuff), we would enhance our health, both physical and mental. And recent research suggests that we actually can. To be a more even-keeled person, first you need to think like one, says Rosalind S. Dorlen, Psy.D., a clinical psychologist in Summit, New Jersey.
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