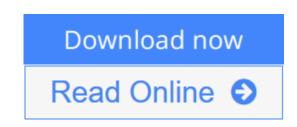


# Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series)

By Richard Carlson



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In this candid guide to adolescence in his #1 bestselling series, Richard Carlson examines the contradictions and challenges unique to teenage life and offers high schoolers (and their parents) tools for learning not to stress about homework, peer pressure, dating, and more. Along the way, he addresses such issues as:

- Breaking up
- Getting out of the emergency lane
- Being OK with your bad hair day
- Dropping the drama

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# **Editorial Review**

## Amazon.com Review

Richard Carlson has written numerous books encouraging folks not to "sweat the small stuff", and his title for teens is as warm, wise, and witty as his previous works. His tone is one of an older family friend who manages to advise while still maintaining the minimum level of coolness that teens require from those who intend to guide them into adulthood.

With 100 different chapters, each just a few pages in length, this little book works especially well as a bedside companion or tucked in a backpack for the morning commute to school. Each chapter is devoted to a single, simple idea such as "trust your inner signals" and "root for the underdog," and plenty of real-life examples from teens are used to illustrate principles. In the second chapter, a teen volunteering at an animal shelter is used to show how just one person can make a difference, as she takes the time for one more phone call that results in saving a dog's life. The concepts are appropriate for both early high school students and new graduates--who doesn't need an occasional reminder to "be ok with your bad hair day"? Incorporating sports, theater, literature, video games, teachers, and parents into stories make these examples accessible to kids of all interests, and a sprinkling of tales from the author's own teenage years adds an effective personal note. With plenty of suggestions for adding activities into a teen's life--volunteer opportunities in particular--your child may even feel encouraged to seek out new forms of positive expression simply for the joy of the activity, rather than the old standbys of "my friends are doing it" or "I need it to get into college." *--Jill Lightner* 

## From **Booklist**

Gr. 9-12. A riveting motivational writer with several books for adults (*Don't Sweat the* Small Stuff . . . in love, at work, etc.) targets his "small stuff" concepts around teen issues, and the results are impressive. Without talking down to his readers or minimizing the intensity of difficulties they may be handling, he offers 100 insightful suggestions for dealing with everything from stress to recognizing the meaningful contributions in every moment of life. His message will surely resonate with teens, even those who are skeptical or uncertain about how reframing their thinking can change their lives. Carlson clearly holds teens in high regard in this small book with a big heart. *Roger Leslie Copyright* © *American Library Association. All rights reserved* 

#### Review

Praise for Don't Sweat the Small Stuff:

"Over a decade of positive psychology research seems to validate what we learned twenty years ago from *Don't Sweat the Small Stuff*.... These wonderful books help break down and simplify how to achieve that happiness."

## ?Shawn Achor, bestselling author of The Happiness Advantage

"After almost two decades since the original release of *Don't Sweat the Small Stuff*, Richard Carlson's insights on the meaning of life continue to be timeless. The book teaches us to focus on the 'now' and find balance by living through contentment."?*Deepak Chopra* 

"*Don't Sweat the Small Stuff* has the power to change our individual and collective lives. I am deeply grateful to Dr. Richard Carlson and his beloved wife Kristine for their wisdom and compassion in bringing transformational practices and perspectives to millions of readers."?*Shauna Shapiro, author of The Art and Science of Mindfulness* 

"Richard Carlson caused a revolution in all our thinking with his *Don't Sweat the Small Stuff* books. He was like a Zen master in disguise, taking almost an aw-shucks attitude toward shifting the culture."?*Marianne Williamson, New York Times* bestselling author of *A Return to Love* 

## **Users Review**

## From reader reviews:

## **Ella Butler:**

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#### Lewis Wood:

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#### **Ernestine Worrell:**

In this time globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You will observe that now, a lot of publisher in which print many kinds of book. The actual book that recommended for you is Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series) this publication consist a lot of the information from the condition of this world now. That book was represented how does the world has grown up. The language styles that writer require to explain it is easy to understand. Typically the writer made some exploration when he makes this book. That is why this book suited all of you.

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