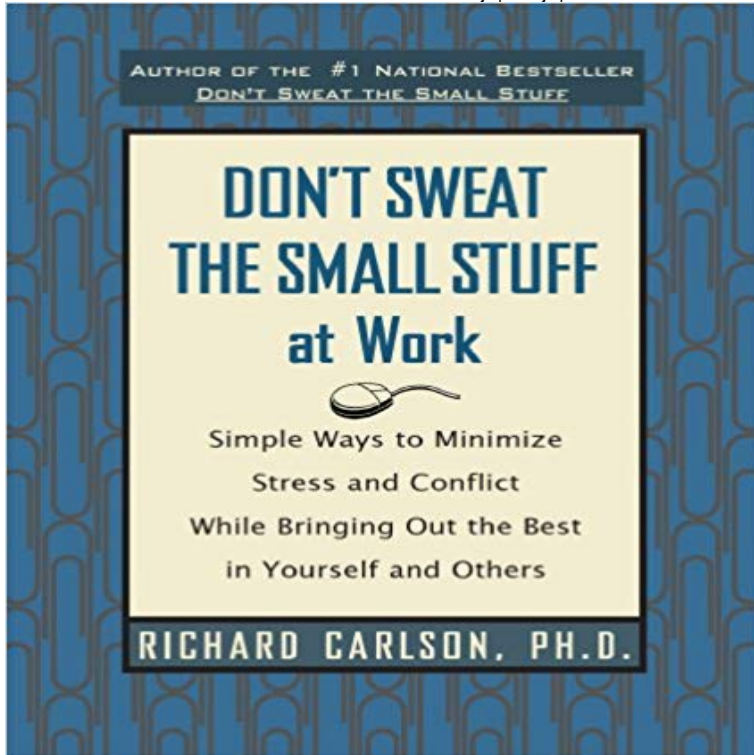


Dont Sweat the Small Stuff at Work: Simple Ways to Minimize Stress and Conflict While Bringing Out the Best in Yourself and Others



Millions of people have enjoyed Richard Carlsons national bestsellers that show how not to let the small things in life get the best of them. Now, in Dont Sweat the Small Stuff at Work, he shows readers how to interact more peaceably and joyfully with colleagues, clients, and bosses. Spending forty hours or more a week in an office, along with rush deadlines, heavy workloads, and daily dilemmas, can make working a very stressful experience. Richard Carlson reveals tips that will transform your outlook at the office, easing stress there and also leading to a happier life at home.

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