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Richard Carlson (author) - Wikipedia

Don't Sweat the Small Stuff for Men: Simple Ways to Minimize Stress in a Competitive World, Published by Hyperion, 2001. ISBN 0-7868-8636-6. Don't Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You, with Kristine Carlson, Published by Hyperion, 2001, ISBN 0-7868-8602-1.

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Kristine Carlson is the author of Heartbroken Open, Don't Sweat the Small Stuff for Moms, and Don't Sweat the Small Stuff in Love, and coauthor with her late husband

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