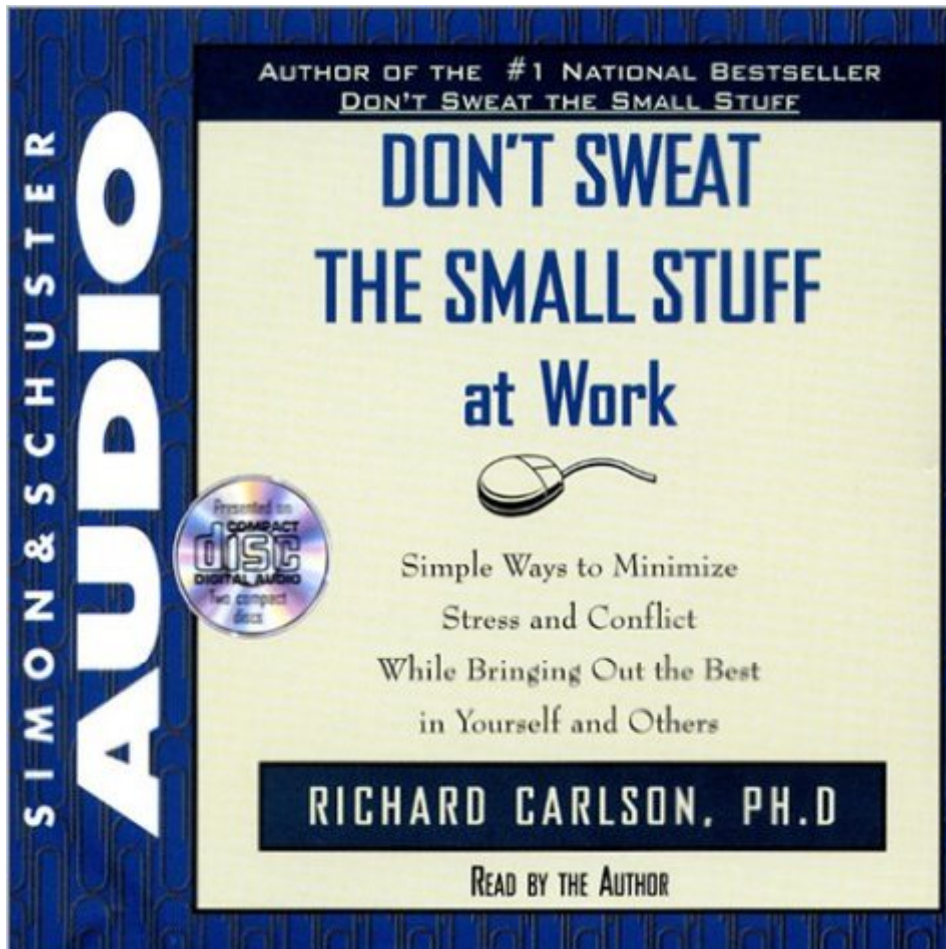


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Dont Sweat The Small Stuff At Work Cd



Synopsis

Millions of people have enjoyed Richard Carlson's national bestsellers that tell how not to let the small things in life get the best of them. Now, in *Don't Sweat the Small Stuff At Work*, he tells listeners 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 dealings, 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.

Book Information

Series: *Don't Sweat the Small Stuff* (Hyperion)

Audio CD

Publisher: Simon & Schuster Audio; Abridged edition (September 1, 1999)

Language: English

ISBN-10: 0671045784

ISBN-13: 978-0671045784

Product Dimensions: 4.9 x 5.6 x 0.4 inches

Shipping Weight: 4 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

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Customer Reviews

This is a great book for anyone needing to get to the source of help they need quickly. I use it often as a fast refresher and as a constant guide in my daily endeavors, whether it be professional or personal. I recommend this to all who are starting in management, sales, or just simply wanting to improve your outlook on life and reduce stress. But you don't have to take my word for it.....(Reading Rainbow theme in background...)

Awesome

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