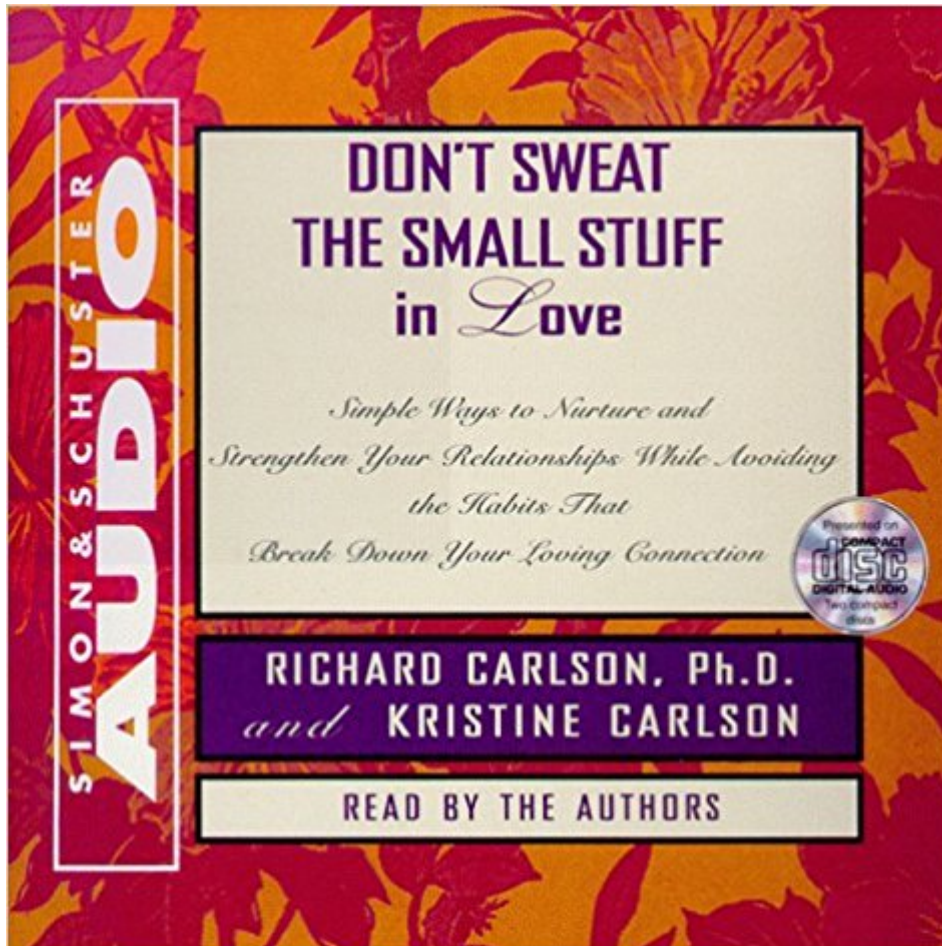


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# Dont Sweat The Small Stuff In Love



## Synopsis

Richard Carlson has helped millions of people reduce the stress in their everyday lives, with their families, and in the workplace, with his *Don't Sweat the Small Stuff* national bestsellers. Now, he and his wife, Kris, tell readers how to apply this immensely popular and helpful philosophy to one of the most important aspects of life -- the love relationship. Heartache, anger, insecurities, and just the daily hassles of living together can cause friction in even the most happy couples. And for people who've been together for years, there's the problem of simply taking each other for granted, and not putting enough energy into keeping the relationship vivid and alive. *Don't Sweat the Small Stuff in Love* tells couples how to live together with revived passion, how not to let the little everyday irritations get to them, and how to appreciate each other in new and exciting ways. In beautifully written but very practical essays, Richard and Kris Carlson tell listeners how not to overreact to a loved one's criticism, how to get past old angers, how to let go of your top three pet peeves, and how to choose peace over irritation. They include such helpful advice as thinking before you speak, learning to cast away jealousy, avoiding one-upping, and not confusing your own frustration with a problem in the relationship. Essays such as "Try Not to Treat Ordinary Stuff Like Front-Page News" and "Become a Low-Maintenance Partner" will spur discussion with your spouse that will shed new light on even the longest-term relationships. *Don't Sweat the Small Stuff in Love* is the audiobook that will help make you and your partner's life together more peaceful, less stressful, and more fun.

## Book Information

Audio CD

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[Self Help](#) #1307 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

## Customer Reviews

By:Bree-Anna Mustad  
When reading this book, "Don't sweat the small stuff in Love" by Richard

Carlson and Kristine Carlson, I read a number of different stories which had really triggered a lot of emotions on the present relationship I was dealing with. I felt as though the book was directly speaking to me, and I was just convincing myself it was just another one of those cheesy love advice books, when really it was two people who have been through the hardships in relationships and decided to write their experiences and thoughts down. When I started to read the first chapter, "Mostly, be pals," I put the book down for a couple moments, almost thinking in my head how it related to my situation, and then picked it up again going on to "Learning to laugh at yourself." The good thing about this book is it not only specified a certain relationship with the opposite sex, it took any kind of relationship you could have with anyone and showed you how to handle circumstances with that person to make that relationship easier. One of the quotes I liked out of that chapter was, "It's quite remarkable to observe what happens to a potentially heated interaction when someone is able to keep their sense of humor. In most cases, the situation is diffused and simply melts away." And that is the kind of advice that helps you in any circumstance. One of the chapters I personally learned the most from was chapter 49, "Take responsibility for your own happiness." This was why I titled this book review "Everything I needed to hear but no one told me." This chapter helped me realize that you cannot base your own happiness on other people.

If there was ever a book that could help change your relationship in a week, this is the book. By applying some of the very simple techniques, you will see amazing results. This book will not only help you in your marriage or dating relationship, it will also help you to become a better friend in general. "Ideally, our relationship is one part of life that feels like a sanctuary - a partnership that is mutually nourishing and enriching both spiritually and emotionally." ~pg. 106 I noticed that when I changed, people around me started to change. It was as if this book contains those secrets we have all been looking for to improve all our relationships. There is a simple reason. This is written from the heart and deals with those real life issues we all care about. We all have that basic need to be unconditionally loved. Just to be loved and appreciated for who we are. However, we have all developed habits that break down our connection with those important people in our lives. It is those little annoying habits that limit communication, take us down paths we don't want to follow that seem to cause the most problems. We repeat these habits over and over again, each time destroying a part of a relationship we care about. At times we feel as if we are going to have to end a marriage or a friendship because the problems seem insurmountable. That is exactly the time we have to start to look at what "we" are doing to hurt or help our relationships. Those rare and beautiful friendships with people we really care about are so unique, I can't think of any reason not to put away our pride

and start to mend the hurt we may have caused. Sometimes it means we have to say we are sorry or maybe we have to be willing to forgive the hurt others have caused us.

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