



Don't Sweat the Small Stuff in Love: Simple Ways to Nurture and Strengthen Your Relationships While Avoiding the Habits That Break Down Your Loving Connection

Richard Carlson, Kris Carlson

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Richard Carlson has helped millions of readers to reduce the stress in their everyday lives, with their families and in their jobs. Now he shows readers how to apply his immensely popular and helpful philosophy to one of the most difficult aspects of life - the romantic relationship. While depression, heartache, anger, and insecurity are widely associated with romantic love, the concept of stress is rarely identified as a problem. In one hundred brief, beautifully written essays, Richard Carlson shows readers how not to overreact to a loved one's criticism, how to appreciate your spouse in new ways, how to get past old angers, and many other ways to improve and increase the joy and pleasure that can and should be a part of any partnership.

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