



Don't Sweat the Small Stuff for Women: Simple and Practical Ways to Do What Matters Most and Find Time for You

Kristine Carlson

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How hectic is your life? If you're like most women, "hectic" is how life is on the good days. But it doesn't have to be that way. Part of the #1 national best-selling Don't Sweat The Small Stuff series, this guide will escort you through the twists and turns of the everyday with a healthy dose of practical wisdom, calm spirits, and good humor. As we multitask our way through our lives, advice like this creates openings and possibilities where there seem to be none. It's about time!

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