



Don't Sweat the Small Stuff for Moms: Simple Ways to Stress Less and Enjoy Your Family More

Kristine Carlson

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In the first new Don't Sweat the Small Stuff book in nine years, Kristine Carlson shows how moms can live with less stress and more happiness. Carlson gives mothers tried-and-true advice that will empower them to find greater peace, joy, and harmony within themselves and their homes. *Don't Sweat the Small Stuff for Moms* reveals how to:

- * *Be a Mom, Not a Friend*
- * *Balance Being a Woman and a Mom*
- * *Pursue Your Passion, But Not at the Expense of Your Children*
- * *Reclaim Your Family Time*

"Kris Carlson extends the "Don't Sweat the Small Stuff" series with much-needed advice for mothers, writing with an understanding heart and penetrating wisdom born of her own experience. Like her late husband Richard, hers is a gentle soul backed by a powerful and transcendent fire."

--Marianne Williamson, author of A Return to Love

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