

A best-selling book by Richard Carlson:

**Don't Sweat the Small Stuff — and It's All Small Stuff:**

*Simple Ways to Keep the Little Things from Taking Over Your Life.*

Richard Carlson is famous also for saying: "*Treasure yourself*"

Ask yourself: Is there any way I can become even more loving than I am? Can I fill my heart with more loving kindness? Can you, despite the fact that there are less than perfect people in our world, think loving thoughts about yourself and about others? Spread that love around as far as your mind will allow!

Often we allow ourselves to get all worked up about things that, upon closer examination, aren't really that big a deal. We focus on little problems and blow them out of proportion. ... Whether we had to wait in line, listen to unfair criticism, or do the lion's share of the work, it pays enormous dividends if we learn not to worry about little things. So many people spend so much of their life energy "sweating the small stuff" that they completely lose touch with the magic and beauty of life.

The contents page of this book alone is inspiring:

1. Don't sweat the small stuff
2. Make peace with imperfection
3. Let go of the idea that gentle, relaxed people can't be super-achievers
4. Be aware of the snowball effect of your thinking
5. Develop your compassion
6. Remind yourself that when you die, your in-basket won't be empty
7. don't interrupt others or finish their sentences
8. Do something nice for someone else- and don't tell *anyone* about it
9. Let others have the glory
10. Learn to live in the present moment
11. Imagine that everyone is enlightened except you
12. Let others be 'right' most of the time

13. Become more patient
14. Create 'patience practice periods'
15. Be the first on to act loving or reach out
16. Ask yourself the question, 'will this matter a year from now'?
17. Surrender to the fact that life isn't fair
18. Allow yourself to be bored
19. Lower your tolerance to stress [you'll then put up with less stress and deal with it better]
20. Once a week, write a heartfelt letter
21. Imagine yourself at your own funeral
22. Repeat to yourself, 'life isn't an emergency'
23. Experiment with your back burner [let your subconscious mind work while you're busy elsewhere]
24. Spend a moment everyday thinking of someone to thank
25. Smile at strangers, look into their eyes, and say hello
26. Set aside quiet time, every day
27. Imagine the people in your life as tiny infants and as one-hundred-year-old adults
28. Seek first to understand
29. Become a better listener
30. Choose your battles wisely
31. Become aware of your moods and don't allow yourself to be fooled by the low ones
32. Life is a test; it is only a test. If it were 'real' you'd be told exactly what to do [therefore, take issues as opportunities]
33. Praise and blame are all the same [you can't please all people, all of the time]
34. Practice random acts of kindness
35. Look beyond behaviour
36. See the innocence [rather than look first for the guilty in others]
37. Choose being kind over being right
38. Tell three people (today) how much you love them
39. Practice humility
40. When in doubt about whose turn it is to take out the trash, go ahead and take it out
41. Avoid weatherproofing [avoid always needing to spot, comment on and try to fix the flaws and cracks in people, places and things]
42. spend a moment, every day, thinking of someone to love

43. Become an Anthropologist [being interested, without judgement, in how other people chose to live and behave]
44. Understand separate realities [we are all different]
45. Develop your own helping rituals
46. Every day, tell at least one person something you like, admire or appreciate about them
47. Argue for your limitations, and they're yours
48. Remember that everything has God's fingerprints on it [try to find holiness in seemingly unholy or everyday situations]
49. Resist the urge to criticise
50. Write down your five most stubborn positions and see if you can soften them
51. Just for fun, agree with criticism directed toward you (and watch it go away)
52. Search for the grain of truth in other opinions
53. See the glass as already broken (and everything else too) [all things begin and end, accept that all things eventually break.. so use and enjoy your best glassware now]
54. Understand the statement, "wherever you go, there you are"
55. Breathe before you speak
56. Be grateful when you're feeling good and graceful when you're feeling bad
57. Become a less aggressive driver
58. Relax
59. Adopt a child through the mail
60. Turn your melodrama into a mellow-drama
61. Read articles and books with entirely different points of view from your own and try to learn something
62. Do one thing at a time
63. Count to ten
64. Practice being in the 'eye of the storm'
65. Be flexible with changes in your plans
66. Think of what you have instead of what you want
67. Practice ignoring your negative thoughts
68. Be willing to learn from friends and family
69. Be happy where you are
70. Remember that you become what you practice most
71. Quiet the mind

72. Take up yoga
73. Make service an integral part of your life
74. Do a favour and don't ask for, or expect, one in return
75. Think of your problems as potential teachers
76. Get comfortable not knowing
77. Acknowledge the totality of your being
78. Cut yourself some slack
79. Stop blaming others
80. Become an early riser
81. When trying to be helpful, focus on little things
82. Remember, one hundred years from now, all new people [no one will be around to recall the smaller things that irritate you today]
83. Lighten up
84. Nurture a plant
85. Transform your relationship to your problems [approach versus avoid; opportunities versus crises; growth versus blocks]
86. The next time you find yourself in an argument, rather than defend your position, see if you see the other point of view first
87. Redefine a 'meaningful accomplishment'
88. Listen to your feelings (they are trying to tell you something)
89. If someone throws you the ball, you don't have to catch it [avoid the tendency to need to have the answer, to have the last say or to react in reflex]
90. One more passing show (everything begins and ends, in time; this too shall pass)
91. Fill your life with love
92. Realise the power of your own thoughts
93. Give up on the idea that 'more is better'
94. Keep asking yourself, 'what's really important?'
95. Trust your intuitive heart
96. Be open to 'what is'
97. Mind your own business
98. Look for the extraordinary in the ordinary
99. Schedule time for your inner work
100. Live this day as if it were your last. It might be