



Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series)

By Richard Carlson

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In this candid guide to adolescence in his #1 bestselling series, Richard Carlson examines the contradictions and challenges unique to teenage life and offers high schoolers (and their parents) tools for learning not to stress about homework, peer pressure, dating, and more. Along the way, he addresses such issues as:

- Breaking up
- Getting out of the emergency lane
- Being OK with your bad hair day
- Dropping the drama

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Editorial Review

Amazon.com Review

Richard Carlson has written numerous books encouraging folks not to "sweat the small stuff", and his title for teens is as warm, wise, and witty as his previous works. His tone is one of an older family friend who manages to advise while still maintaining the minimum level of coolness that teens require from those who intend to guide them into adulthood.

With 100 different chapters, each just a few pages in length, this little book works especially well as a bedside companion or tucked in a backpack for the morning commute to school. Each chapter is devoted to a single, simple idea such as "trust your inner signals" and "root for the underdog," and plenty of real-life examples from teens are used to illustrate principles. In the second chapter, a teen volunteering at an animal shelter is used to show how just one person can make a difference, as she takes the time for one more phone call that results in saving a dog's life. The concepts are appropriate for both early high school students and new graduates--who doesn't need an occasional reminder to "be ok with your bad hair day"? Incorporating sports, theater, literature, video games, teachers, and parents into stories make these examples accessible to kids of all interests, and a sprinkling of tales from the author's own teenage years adds an effective personal note. With plenty of suggestions for adding activities into a teen's life--volunteer opportunities in particular--your child may even feel encouraged to seek out new forms of positive expression simply for the joy of the activity, rather than the old standbys of "my friends are doing it" or "I need it to get into college." --*Jill Lightner*

From [Booklist](#)

Gr. 9-12. A riveting motivational writer with several books for adults (*Don't Sweat the Small Stuff . . . in love, at work, etc.*) targets his "small stuff" concepts around teen issues, and the results are impressive. Without talking down to his readers or minimizing the intensity of difficulties they may be handling, he offers 100 insightful suggestions for dealing with everything from stress to recognizing the meaningful contributions in every moment of life. His message will surely resonate with teens, even those who are skeptical or uncertain about how reframing their thinking can change their lives. Carlson clearly holds teens in high regard in this small book with a big heart. *Roger Leslie*
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Review

Praise for *Don't Sweat the Small Stuff*:

"Over a decade of positive psychology research seems to validate what we learned twenty years ago from *Don't Sweat the Small Stuff*. . . . These wonderful books help break down and simplify how to achieve that happiness."

?*Shawn Achor, bestselling author of The Happiness Advantage*

"After almost two decades since the original release of *Don't Sweat the Small Stuff*, Richard Carlson's insights on the meaning of life continue to be timeless. The book teaches us to focus on the 'now' and find balance by living through contentment."?*Deepak Chopra*

"*Don't Sweat the Small Stuff* has the power to change our individual and collective lives. I am deeply grateful to Dr. Richard Carlson and his beloved wife Kristine for their wisdom and compassion in bringing transformational practices and perspectives to millions of readers."? **Shauna Shapiro, author of *The Art and Science of Mindfulness***

"Richard Carlson caused a revolution in all our thinking with his *Don't Sweat the Small Stuff* books. He was like a Zen master in disguise, taking almost an aw-shucks attitude toward shifting the culture."? **Marianne Williamson, New York Times bestselling author of *A Return to Love***

Users Review

From reader reviews:

Christopher McCrady:

Playing with family within a park, coming to see the water world or hanging out with buddies is thing that usually you may have done when you have spare time, after that why you don't try factor that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love *Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series)*, you are able to enjoy both. It is great combination right, you still want to miss it? What kind of hang type is it? Oh seriously its mind hangout fellas. What? Still don't have it, oh come on its referred to as reading friends.

Andres Edelman:

Your reading sixth sense will not betray an individual, why because this *Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series)* e-book written by well-known writer whose to say well how to make book that could be understand by anyone who else read the book. Written inside good manner for you, still dripping wet every ideas and producing skill only for eliminate your own personal hunger then you still doubt *Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series)* as good book not only by the cover but also through the content. This is one e-book that can break don't determine book by its cover, so do you still needing a different sixth sense to pick this kind of!? Oh come on your studying sixth sense already told you so why you have to listening to another sixth sense.

Marvin Ober:

Beside this kind of *Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series)* in your phone, it could give you a way to get nearer to the new knowledge or info. The information and the knowledge you can got here is fresh in the oven so don't always be worry if you feel like an older people live in narrow small town. It is good thing to have *Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series)* because this book offers to you personally readable information. Do you at times have book but you rarely get what it's about. Oh come on, that will not happen if you have this within your hand. The Enjoyable arrangement here cannot be questionable, like treasuring beautiful island. Use you still want to miss that? Find this book along with read it from today!

Catherine Almond:

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