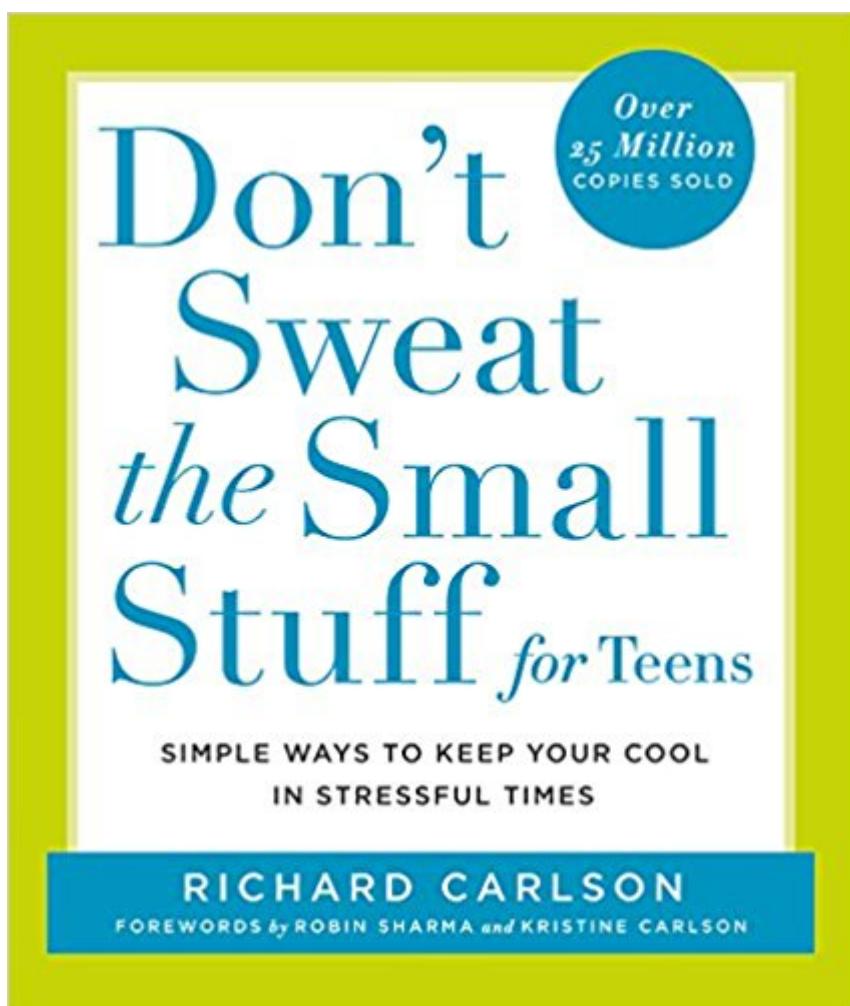


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# Don't Sweat The Small Stuff For Teens: Simple Ways To Keep Your Cool In Stressful Times (Don't Sweat The Small Stuff Series)



## Synopsis

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

## Book Information

Series: Don't Sweat the Small Stuff Series

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## Customer Reviews

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

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 LeslieCopyright  
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So some people have said it's just common sense, but I think the point in this book is that it's obviously for people that have problems understanding those things that should be easy. I got it because I get really upset really easily and it made me feel a lot better about some things. Lately I've been kind of feeling like life is way too hard and I just haven't figured out how to not let things get to me and be happy, but this book had a lot of things in it that legitimately helped and it was a really simple book; if there's things you don't want to read, just don't. But I only skipped the yoga chapter ;)  
I ended up writing all over it and circling the parts that apply to me, whenever I am kind of losing it I just look at those parts and it puts things into perspective.

I had previously bought and read two other books by Richard Carlson, Shortcut Through Therapy and Don't sweat the small stuff...it's all just small stuff. I had found that both those books made a huge difference in my life and helped me, as someone who suffers from anxiety, to look at life in a very different way. I had even read bits and pieces of Don't sweat the small stuff to my sons when they themselves were dealing with issues of their own. My younger son is soon to be 13 and my older son is 16 and has Aspergers syndrome. What was interesting was the my older son, the one with Aspergers, really crasped the simple easy to understand writing of the late Richard Carlson, so when I came across the Don't sweat the small stuff for teens I decided to get it too. As with Don't sweat the small stuff...it's all just small stuff, the one for teens is fantastic. Another thing which

makes them so great is that each chapter is unrelated to the others, so you can just jump to a chapter which is very short,( takes only 5 minutes to read), read it with or to your teen and it will offer a simple solution to the situation at hand. I even carry the don't sweat the small stuff books in my handbag, as they are small and light, and we often just stop the car, pull to the side and solve a problem there and then! I would recommend both Don't sweat the small stuff books as I feel they go hand in hand and compliment each other. And if you have a high functioning Autistic teen, then I would really go for it, even though it is not written for teens in the autistic spectrum. The reading is so short that you won't lose their attention and actually encourages them to look deeper inside and see a way out which then lessens anxiety.Dora Blondal Mizzi

I always read books I get for my daughter first to confirm that I got her something right/good for her. This one is no doubt a winner. The titles of each chapter were catching enough to make you curious as to what you were about to read and then the story you read were a great explanation to the sometimes funny and odd titles. The story in each chapter was absolutely great. They were short enough to keep any kids attention, make a good lesson and walk away feeling good that you learned something new and were inspired. The really great thing is, my 13 year old who usually complains about sitting still and reading because she'd rather be actively playing sports, isn't complaining a bit about winding down and reading this book. She loves that most chapters are only 2-3 pages each, but even better, she is mimicking what they are teaching and I'm loving it, too, as a mom. This is a great read, a great inspiration and a lot of the stories are what these kids can relate to. I plan to buy it as a gift to others, but I'm not sure if I should get it for the parents or the kids.

This is an encouraging book presented on an easy to read format.

Bought this for my teenage daughter.

Great advice for teen boy. Thanks.

All these "Don't Sweat..." etc books are so good! Easy reads filled with helpful information. It's a good book to read together with your teen... or if you want relationship thoughts, DO get the Don't Sweat...." about love edition and read it with your partner. Chapters are real short but packed with info. Highly recommend all the books in this series.

This book had a lot of good points and I look forward to applying these techniques to my own life.

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