



Don't Sweat The Small Stuff For Moms Scholastic Edition: 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

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