

# NEW BOOK STUDY: Don't Sweat the Small Stuff...

## and it's all small stuff:

Simple Ways to Keep The Little Things From Taking Over Your Life

by Richard Carlson, PH.D.



ZOOM | 7 - 8 PM | Jan 10 - Feb 21

Is life getting to you lately? Could you use less stress and more calm?

Join us for a read and share study of the book, Don't Sweat the Small Stuff... and it's all small stuff: Simple Ways to Keep The Little Things From Taking Over Your Life by Richard Carlson, PH.D.

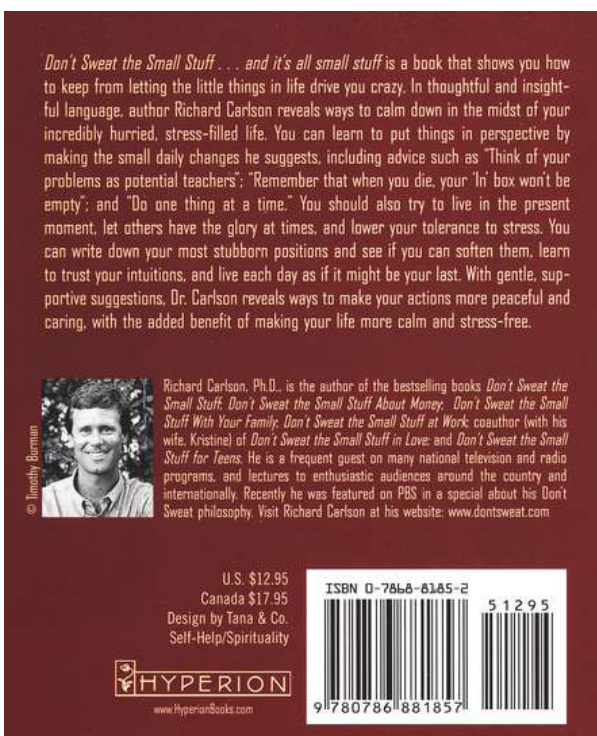
This 7-week study will meet once a week on Monday evenings from 7-8 PM, via Zoom and talk about the readings together.

Discussion Questions Include:

- What did you like?
- What bothered you?
- Is his advice Biblical?
- Which readings were especially helpful?
- What questions do you have because of the readings?
- What advice can you give to someone else's question?

Please order the original book from 1997, as the stories will be the same. The ISBN number on my paperback copy is 0-7868-8185-2 and it is by Hyperion. There are different covers out there for the same book.

RSVP to Wendy Arbushites at [warb@rcn.com](mailto:warb@rcn.com) in order to receive the ZOOM link.



Log onto [wesleychurch.com](http://wesleychurch.com) for more information.